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New sign is a reminder of Vauxhall's presence

onpage 8

Tributes pour in for 'dedicated' Martin

onpage 19

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LUTON onsunday

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Family's double misery over diabetic 'errors'

Charity warns that self-harming police attacker needs care

A SELF-HARMER who attacked two police officers in worrying echoes of the fatal stabbing of a PC must be given the help he 'desperately needs before another tragedy occurs', a mental health charity has said.

At Luton Magistrates' Court on Thursday Richard Thomas, of Biscot Road, Luton, pleaded guilty to wasting police time, two counts of assaulting a police officer and a Section Five public order offence.

Thomas, 41, has a history of self-harm and his arms are covered in dozens of scars from previous attempts to take his own life.

He had even gone to Luton & Dunstable Hospital before his magistrates' court hearing on Thursday to get treatment for his wounds after slitting his own wrists.

GUILTY PLEA: Richard Thomas

His case has echoes of similar behaviour to that of schizophrenic Tennyson Obih who stabbed PC Jon Henry in Luton town centre in 2007 and mental health charity SANE said Thomas needs to be given the care his condition demands 'before another tragedy occurs'.

Full story on page 3

EXCLUSIVE

BY LUI STRACCIA
lui.straccia@lutononsunday.co.uk

AN NHS hospital patient died after slipping into a diabetic coma which nurses dismissed as her 'just having a rest', her son has claimed.

Rakibur Rahman, 37, said he spent the entire night of April 30 telling Luton & Dunstable Hospital staff there was 'something wrong' with his 74-year-old mother, Abeda Begum, of Oak Road, Luton, who would not wake up.

He claims that, at 6am on May 1, a nurse was 'surprised' when his mother was still asleep and began treating her to raise her blood sugar levels as her 'body had shut down and she'd gone into a coma'.

She was transferred to the L&D's Intensive Care Unit but died five days later having never woken up. The cause of death was hypoglaecemia, respiratory failure and asthma.

Mr Rahman said: "She had to have a lumbar puncture and was in a great deal of pain because they had to have several attempts at it.

"She soon fell unconscious but after a few hours was not waking up. I kept telling the nurses throughout the night but they said: 'Don't worry, she's just having a rest', but I knew something was not right.

"By 6am she was dribbling from her mouth and shaking and the nurse came in and was surprised and said: 'Your mum still hasn't woken up?' I told her: 'I've been trying to tell you that all night'.

"The nurse then said her blood sugar levels had dropped to 2.2 millimoles (mM) and that her body had shut down and she'd gone into a diabetic coma.

"She never woke up. I never got the chance to say goodbye to her. I'm very upset."

Coincidentally, Mr Rahman's cousin, Salma Begum, of Westbourne Road, says she witnessed a similar experience in the same hospital ward on Sunday afternoon and claims her diabetic father, Ataur Rahman, was not treated for a hypo as nurses thought he was merely 'snoring'.

Sisters Salma Begum and Rahima Karim holding a picture of their father Ataur Rahman who suffered a diabetic scare

Miss Begum said: "When I walked in he was grunting quite loud. I tried to wake him up but he wasn't responding. I went to get assistance. I could tell it was a serious hypo.

"The ward sister tried to put a syringe into his vein in his hand. Dad was bleeding really badly. He came around after 20 minutes.

"I was thinking: 'Why did it take so long for her to realise this?' She said to me she thought he was snoring."

A healthy person's normal blood sugar level is between 4-10 millimoles (mM). Hypoglycemia episodes occur when levels drop to 3 mM.

When this happens, normal blood glucose levels must be restored quickly to prevent extremely serious symptoms such as confusion or unsteadiness and, in the extreme, coma which can cause death if left untreated.

During his diabetic episode on Sunday, Mr

■ Continued on page 3

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PUBLISHING DIRECTOR

Jonathan Cropley
jonathan.cropley@lsnmedia.co.uk

NEWSDESK

LSN Series Editor: Chris Gill
chris.gill@lutononsunday.co.uk
editor@lutononsunday.co.uk
News Editor: Lui Straccia
Newsdesk: 01582 707707
Picturedesk: 01582 706780
picturedesk@lutononsunday.co.uk

SPORTSDESK

Sports Editor: James Cunliffe
james.cunliffe@lutononsunday.co.uk
General sport enquiries
sport@lutononsunday.co.uk
Sportsdesk: 01234 406224

ADVERTISING

Commercial manager:
Jackie Bevan
01582 700800
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Advertising: 01582 700800
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Fax 01582 700801
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Defendant gets three months extra in prison after violent dock outburst

BY JULIA SUTTON
editor@lsnmedia.co.uk

A FATHER-TO-BE who reacted aggressively in the dock when being told he was to be jailed has had three months extra added to his sentence for contempt of court.

Michael Flynn, 26, had to be restrained by seven custody officers at Luton Crown Court as he banged repeatedly on the security screen with a belt he had wrapped round his hand.

During his outburst on Thursday, he swore at the judge and caused fear to other staff in the courtroom. Even after the judge had risen she said she could hear him continue with his tirade of threats and banging on the screen.

On Friday, he was brought back to the same dock, this time handcuffed to a custody officer and he admitted he had been in contempt of court.

Judge Barbara Mensah told him: "The courts have experience of people who are distressed when they hear a sentence and it is often ignored because it is an immediate outburst.

"But what the courts will not ignore is this lengthy sustained outburst that was not only verbal and threatening but required seven officers to calm you down. You disturbed everybody in the court. It is conduct I cannot ignore."

Flynn, formerly of Liverpool Road, Luton, but now living in Potters Bar, was before the court for his fourth breach of a suspended sentence order imposed last October for two violent incidents in town centre pubs in Luton.

During one, he headbutted an off-duty police officer and in the other, he took off his belt and threatened a man with it.

The sentence included a 12 month prison sentence suspended for two years, with supervision, a curfew and an anger management course.

Judge Mensah said that for a fourth breach for not complying with parts of the order, custody was inevitable. She told him she was implementing four months of the sentence which would still mean he would be released before the expected birth of his child in October.

Airport is yet to land security level decision

FUTURE security levels for Luton Airport have still not been finalised despite the deadline for the decision being nearly two months ago.

Historically Bedfordshire taxpayers provided £400,000 every year towards security costs at the airport, with a grant also being provided by central Government.

Watchdog Bedfordshire Police Authority said this was unfair as passengers coming from outside the county were not contributing as much as they should.

A review of airport policing led to central Government providing all funding from April 1, with costs being backdated from whenever agreement between the airport and police authority is reached. The deadline for all airports across the country to reach agreement with their local police authorities was April 29, but this was missed. No new deadline date has been set.

Authority chairman Peter Conniff said: "The discussion is now going to mediation because an agreement could not be reached."

Mother's agony after not guilty verdict

A MOTHER of teenager Michael Simwanza broke down in court when a jury cleared a teenager of murdering her son with a hunting knife.

Julie Bwalya, 35, collapsed in the public gallery at Luton Crown Court on Wednesday, as Kierron Brown, of Eynsford Road, Luton, was found not guilty.

Mr Brown, 18, himself cried in the dock while members of Michael's family yelled out in anguish shouting 'Jesus, Jesus'.

The 17-year-old was fatally stabbed in the chest at Kingsway Recreation Ground, Luton, where he had gone to buy drugs on October 31, last year.

Mr Brown, who pleaded not guilty to murder, later told police he had taken the knife with him because he had been kidnapped and threatened in the past. He had gone to the ground to sell a £20 deal of cannabis. He admitted stabbing Mr Simwanza, but said he was acting is self-defence and that the victim had pistol-whipped him and robbed him behind the club house.

Michael Simwanza

Cops had no powers to keep dogs

POLICE said they had no reason to keep dogs which later went on to attack a deaf man as they were not an illegal breed.

Last week, Marian Clarke, 32, of Celandrive Drive, Luton, was convicted of two charges of owning a dog which caused injury while dangerously out of control and two charges of owning a dog dangerously out of control.

We exclusively reported last year that the dogs had been removed from Clarke by Bedfordshire Police on August 17 to establish whether or not they were an illegal breed but they were given back to her on August 23 after this could not be determined – eight days before they went on to attack a man who called at her flat.

Steve Mann, of the Bedfordshire and hertfordshire Dog Unit, said: "The dogs were reported to us as suspected prohibited dogs. They were found not to be prohibited. As there were no other matters that gave us the power to keep them seized, they were returned to their owner."

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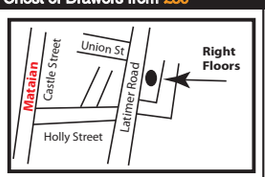

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action for children

L&D to investigate complaint from family

Continued from Page One

Rahman's blood glucose level was 1.7 mM, said Miss Begum.

Miss Begum added: "I really think if I'd walked in five minutes later he'd have fallen into a diabetic coma because his sugar levels were too low. He wasn't getting the right diet either

He couldn't have the halal curry option as it was too spicy and gave him indigestion, so he had to have jacket potatoes and vegetables as the only other choice twice a day.

"But he needs a balanced diet to help control his sugar levels."

In a statement the L&D said: 'We received an official complaint from the family of Ataur Rahman. We will investigate this fully and respond to the relatives direct.

'All diabetic patients when they are admitted to L&D are given appropriate meal plans.

'This includes three meals a day with additional snacks and fruit to ensure a healthy, balanced diet.

'If a patient is used to eating very differently at home then, on occasion, these healthier options may appear to be more restrictive.

'At the L&D our kitchen provides a wide range of food including a variety of Halal choices, all of which are suitable for diabetic patients.'

Regarding Abeda Begum's death at the hospital, a second statement was released saying: 'We would ask the family of Abeda Begum to write to us to allow us to look into this further.'

Vulnerable man is 'being punished' after cry for help

EXCLUSIVE

BY SOPHIE SCOTT
sophie.scott@lutononsunday.co.uk

A MENTAL health charity fears self-harmer Richard Thomas, who attacked two police officers, is 'being punished because of his condition'.

In Luton Crown Court on Thursday it was heard that, on February 13, Thomas made a 999 call, pretending to be a friend called 'Simon', claiming Thomas had taken an overdose, was outside Halifax Building Society in Bute Street, Luton and had razor blades on him.

Specialist officers, with tasers, were sent to deal with him and he was arrested. The court heard he did not have razors on him, but Thomas admitted it was a 'cry for help'.

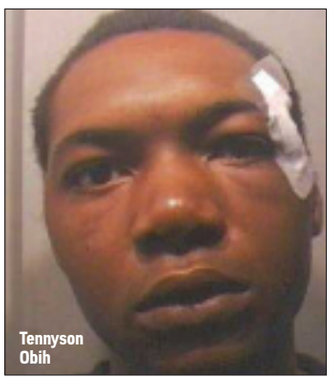
Prosecutor Michael Gallacher said that, in January, Thomas was abusive towards a police officer outside the Esso garage on Dunstable Road and paramedics, who were called as he said he had taken medication. When he was taken into custody he hit one police officer and spat at another's face.

An independent report was published last year which said the 2007 death of PC Jon Henry in Luton town centre could have been prevented had his paranoid schizophrenic killer received better mental health care.

Marjorie Wallace, chief executive of mental health charity SANE, said: "Richard Thomas appears to be someone in desperate need of help, who ends up being punished because of his condition.

"Sadly we at SANE are increasingly aware of people unable to access services, particularly inpatient care, until they are at the point of absolute crisis.

PC Jon Henry


Tennyson Obih

"The relentless agenda of cutting psychiatric beds, allied with the cuts to mental health services as the NHS struggles to balance its books, means that we are likely to see ever more people like Mr Thomas unable to receive the treatment that they need.

"We should not have to wait until another tragedy occurs before we intervene."

Chairman of the magistrates Mr Edwards said: "We are very concerned that you spat at an officer, it is a revolting thing to do. It can lead to infection and I hope this will never happen again.

"You have now been given names of who to contact who can assist you. Please take advantage of those people in order to help you along."

Magistrates gave Thomas a 12 month community order with a prohibited activity requirement that for 12 months he must not dial 999 unless in case of a genuine emergency and he must not be abusive towards the public services, especially medical staff and police officers.

He was also ordered to pay £150 compensation to the officer he spat at and £100 towards costs.

Outside court Thomas said: "I am in a lot of pain, I have been let down by the mental health services."

South Essex Partnership University NHS Foundation Trust said: "As a Trust we are not in a position to discuss Mr Thomas's personal situation.

"However, we can assure you that anyone who comes in contact with our services will be assessed and receive an appropriate referral to the service which best meet their needs."

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MP Gavin is 7th cheapest

LUTON South MP Gavin Shuker has been ranked as one of the most 'cost-effective' MPs in Parliament.

The 28-year-old, who started his first term last May, has cost taxpayers £60,687 in the past year and is listed as the seventh cheapest MP.

A total of £59,242 of that amount was his salary, while the rest was expenses for administration and travel.

It is in stark contrast to his predecessor Margaret Moran, who spent £22,500 of taxpayers' money treating dry rot at her partner's house - then designated it as her 'second home' - in Southampton.

It is understood she is still being investigated by Metropolitan Police over some of her expenses claims.

Labour MP Mr Shuker said: "Luton's residents have a right to expect that their MPs work hard and claim only for what they are entitled to."

Luton North Labour MP Kelvin Hopkins has cost taxpayers £94,056, with £28,318 of that claimed as expenses and £65,738 his salary.

South West Bedfordshire Conservative MP Andrew Selous cost £104,171. Of that, £38,433 was claimed as expenses.

New delay hits Moran tribunal

EXCLUSIVE

BY SOPHIE SCOTT
sophie.scott@lutononsunday.co.uk

AN EMPLOYMENT tribunal against disgraced former MP Margaret Moran has been postponed.

The case, in which three of the ex-Luton South member's former employees - Ushrat Sultana, Tahir Qureshi and Yasmine Shah - are bringing the claim against her on the grounds of unfair dismissal, had been due to start on Tuesday and end on July 4.

No date has yet been set for the rearranged hearing to take place at the Bedford Employment Tribunal office, which would give no reason for the delay.

At the last pre-hearing review in November, Ms Moran's barrister, Eloise Power, instructed by Richard Pitkethly of Steel & Shamash, wanted to 'strike out' the unfair dismissal claim as well as an amendment to add 'discrimination'.

The three claimants had failed to make this amendment within the set time period and they each gave evidence as to why they had been unable to meet the deadline.

NOT SEEN: Margaret Moran

Both Ms Sultana and Mrs Shah had been having medical problems, while Mr Qureshi said he had been stressed with his home life.

The judge, Catherine Tribe, decided to strike out the discrimination amendment but not the other claims.

At the previous hearing Ms Moran's barrister also tried to bar *Luton on Sunday* from attending before it started by saying a previous order had been made to exclude the press.

However, Mrs Tribe allowed the press in and allowed Ms Power to make her application but it was refused.

Ms Power argued: "Reporting of these proceedings could cause substantial injury to the respondent's present business undertakings."

Mrs Tribe said: "I have been given no details whatsoever of the business, let alone substantial injury or any injury at all it could cause. Therefore I am not satisfied."

Ms Power also requested, on behalf of Ms Moran, for costs for those proceedings to be paid by the claimants but these were also refused.

We tried to contact Ms Moran, who has not been seen in public for two years, but she did not return our calls.

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Met cop not guilty of assault charge

BY CHRISTINA JOHNSON
christina.johnson@lutononsunday.co.uk

A METROPOLITAN police officer was cleared of two charges of common assault.

Inspector James Lachlan, 48, was found not guilty at Bedford Magistrates' Court relating to an incident at the Tesco Express petrol station in High Street North, Dunstable.

The court heard during the two day trial how Mr Lachlan's wife Amanda was struck by a reversing Ford Galaxy while she was crossing the petrol station's forecourt.

The events which then followed led to Mr Lachlan *(right)*, who is based at Colindale police station in London, being charged with two counts of assault – one in relation to Jason Long, who was the driver of the vehicle, and one concerning Margaret Fox who was Mr Long's mother-in-law. Mr Lachlan pleaded not guilty to both charges.

Mrs Fox died three weeks after the incident when she lost her battle with cancer.

The prosecution claimed Mr Lachlan was 'aggressive' towards Mr Long when asking for his details and the court heard evidence from the other family members in the Galaxy which included Mr Long's wife Lisa and her sister Gemma Fox.

Jim Davies, prosecuting, alleged Mr Lachlan pushed Mr Long in the chest at least once and pushed Mrs Fox in the stomach causing her injury which led to her needing oxygen from a paramedic.

When giving evidence Mr Lachlan said he continued to ask for Mr Long's details but that the general response he got from the family was 'it was her [the wife's] fault, you're not getting nothing'.

He said: "I accept that I was agitated and upset but after the police arrived I calmed down.

"I did not push a male or a female."

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Griffin sign a reminder of Vauxhall's presence

BY LUI STRACCIA
lui.straccia@lutononsunday.co.uk

A BRAND new Griffin sign has gone up on the Vauxhall van factory building.

The firm, which had been in crisis over the past couple of years as a result of GM's financial problems, celebrated the decision in March to construct the new Vivaro van at Luton's Kimpton Road plant.

The Griffin emblem, put up last Sunday in place of the old GM sign, now sits prominently on the building, 'reminding visitors of Vauxhall's presence and long-standing heritage in Luton'. The following day a 'Home of the Vauxhall Vivaro' sign went up.

The decision to build the new Vivaro from the end of 2013 quashed fears the existing contract between Vauxhall and French counterpart Renault, which had been due to run out in 2013, to use the site could spell doom for 1,100 factory worker jobs there.

Plant director Mark Stein said: "Recent developments here in Luton prove that dedication and focus on the job in hand find recognition on all levels – in the market, internally and also with the Government.

"The new Griffin will remind everybody of Vauxhall's long-standing manufacturing presence in Luton, building best of British commercial vehicles."

Violent trio punched victims and stole valuables

A GANG of men violently attacked and robbed three young men in a spate of street robberies in the Bury Park area of the town.

The first happened at 2am last Sunday as two victims were set upon in Ash Road, Luton, by a large group of men who punched them in the face and shouted: "Give me phone, give me wallet". One of the victims handed over his belongings.

Later the same morning, at about 5.45am, another victim was surrounded by a group of three men on Telford Way Bridge, near Liverpool Road, where he was punched in the face and was told to hand over his phone and wallet.

The three are then believed to have made their way into Bury Park where at 6.30am, they approached another victim in Hampton Road and did the same thing, but this person refused.

All the victims are aged 18-20 and the gang members are all described as men of Asian appearance, aged 18-25, with a medium or slim build and short hair. The first was wearing a black hooded top, the second a grey top and the third a red top.

Anyone with information can contact Detective Constable Adrian Paine on 01582 394052 or Crimestoppers, anonymously, on 0800 555 111.

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yourletters

Relatives' responsibility

SIR - Regarding the article in *Luton on Sunday,* June 19, 'Waist-high graveyard grass upsets woman', it's just an unfortunate fact that in the majority of cases when a loved one is buried, on the day of the funeral, there is a big outpouring of grief from the bereaved family, and then 99 per cent of the mourners disperse never again to set foot in the graveyard.

Occasionally years later a relative will turn up 'looking for bones' and then find that the sought-after grave is somewhat overgrown.

What do people expect? A weekly trim and fresh flowers carried out on their behalf because they are unable to visit and carry out these tasks?

If through choice a person is buried then the onus is on the relatives to ensure the upkeep of the grave.

The alternative to this would be an annual payment to cover the cost of this work, or cremation.

One can hardly expect the average church in today's climate of poor attendance and limited funds to pick up the bill for the maintenance of these often large, neglected and difficult to manage cemeteries.

Mr J E Field
Raynham Way, Luton

Grass is a matter of grave concern

SIR - With regards to your article last week about 'waist-high' grass in Biscot Parish Church - this is an ongoing problem, because there are fewer members of the Friends of the Biscot Churchyard subscribing.

Every year there are fewer friends, because of friends passing away, and not being replaced by new friends subscribers.

For years the Friends of Biscot Churchyard subscriptions paid for the grass-cutting and general maintenance.

The graveyard is dangerous, eg defective headstones, foxholes, etc.

It is only right that there is a notice warning people entering the graveyard that they do so at their own risk because it is very dangerous.

I have been a member of the Friends of Biscot Churchyard for many years.

I have got a 'dodgy ticker' and may not be around much longer to be a subscriber.

My younger brother cuts the grass this time every year on the family graves and if people are not prepared to subscribe to the Friends of Biscot Churchyard, they should look after their family graves like my brother.

I am sending this letter to you, as an irate subscriber to the Friends of Biscot Churchyard for many years. I am fed up with the 'armchair do-nothing whingers'.

Peadar McKenna
Nappsbury Court, Luton

Divine non-intervention

SIR - In response to the Biscot Parish Church story, I have petitioned both the Rev Singh and the Parochial Church Council for the past couple of years over this matter, with little success.

I have both sets of grandparents, my own parents and my sister all buried at the churchyard, none of which can be tended safely.

Craig Hardy,
Catsbrook Road, Luton

The altar that is ASDA

SIR - Church attendance is down and you can blame the supermarkets for that. At my local ASDA, 10am on Sunday is where you will find most people.

You can tell that from the traffic queuing to get into the car park that people have swapped the word of God for the word of checkout girl.

John Tucker
Bracklesham Gardens, Luton

Better options for city

SIR - With reference to the ongoing debate as to whether or not Luton should be granted city status, OK it has an airport which may help the bid, but I think in all honesty this is all the town has to offer, unlike days of yesteryear when it was classed as a lively, bustling and thriving industrial town.

However, am I positively alone in thinking that some of Luton's surrounding towns equally deserve recognition? How about the city of Flitwick?

Admittedly it doesn't have a magnificent cathedral, bus station or even a good bookshop, but neither does Luton.

However this town is at least clean, tidy, relatively peaceful and is not considered a no-go area at weekends as far as drunken yobs and tramps are concerned.

Furthermore it has no mundane run-of-the-mill type high street establishments such as BHS, Debenhams and Primark; in fact there are hardly any shops there at all.

Of paramount importance however, unlike Luton, is that there are no unsightly piles of rubble at the sides of some roads due to bridge demolition and there's no risk whatsoever of tripping over onions and banana skins, as I've done on several occasions in the past.

Sue Goddard
Toddington Road, Luton

Environmentally errant

SIR - I find Gavin Shuker MP's article (*Luton on Sunday*, June 19) about his visit to the Arctic misleading.

Contrary to what Gavin writes, sea level rise has been negligible. Professor Nils Axel Morner, a sea level specialist from Stockholm University, has carried out sea level tests on-site in Bangladesh, the Maldive Islands and Tuvalu.

Morner states that sea level has not even increased by 1mm. In Bangladesh, mangrove trees have been removed to make fish ponds leaving the coast unprotected from cyclones.

Gavin's take on Carbon Dioxide (CO2) is simplistic, and, as expected, it is the standard British Establishment line.

CO2 is now around one third of one per cent of the air but in the Early Carboniferous Period the amount of CO2 was in the air was four or five times greater.

Plants must have CO2 to grow. CO2 level rises after a warming period, it does not cause it.

Much cash is to be made trading 'Carbon Credits' and poor countries may be kept controlled and poor.

Where is the morality in that, Gavin?

In 1950 there were around 5,000 polar bears and now there are 25,000, yet Gavin blatantly informs us that they are in decline. There are no more natural disasters now than in the past – it's just they are reported more by the media.

Gavin talks of premature deaths in the poorest countries yet there are likely to be far more deaths if generation of electricity is discouraged for fear of 'global warming', now known as 'climate change'.

Gavin states that oil will become scarce – that may or may not be correct, however Gavin forgot to mention clean burning shale gas which is present throughout the world in vast quantities.

If Gavin Shuker MP for Luton South is destined one day to be Environment Minister, then God help us all.

Robert Theobald
Hill Close, Luton

A role model for care?

SIR - In the Society section of *The Guardian* on Wednesday, June 15, a long article described how the city of Sunderland does not restrict social care to people with only 'critical' or 'substantial' needs.

According to the article it is the only authority in England that still offers support to people with 'moderate' and even 'low' needs of care - a remarkable achievement in these difficult economic times.

Perhaps the group of people who went to Westminster to present Luton's application to become a city ought to arrange to go up to Sunderland to find out how that authority achieved this – I for one would fully approve any expenditure incurred on such a trip.

Ruth Fisher
Swifts Green Close, Luton

Arms industry questions

SIR - We are asking our Luton North MP Kelvin Hopkins to ask questions in the House of Commons about alleged corruption which is endemic within the arms trade.

Alleged corruption exists primarily because the buyers for military aircraft and highly technical weaponry are very few and therefore bribing these buyers can yield great rewards.

Corruption in the international arms trade is systemic and widespread, according to the Stockholm International Peace Research Institute (SIPRI).

According to SIPRI, 40 per cent of all corruption in global transactions is due to the arms trade.

The latest example of alleged corruption within the arms trade is the Serious Fraud Office's (SFO) investigation of allegations that the European defence group EADS gave Saudi Arabia officials luxury items in order to secure a £2bn communications contract.

This case bears undoubted similarity to the most well-known case of corruption by a UK arms company, that of the BAE Systems Al Yamamah deal with Saudi Arabia.

BAE was alleged to have paid hundreds of millions of pounds into the bank account of Prince Bandar, the son of the Defence Minister, Prince Sultan, but in 2006 Tony Blair quashed the SFO investigation.

BAE has also been investigated for deals with South Africa, Tanzania and the Czech Republic.

One of these is the Tanzania investigation, where BAE had to admit to 'false accounting' rather than the more serious charge of corruption and pay the Tanzanian people £29.5 million.

Six months after the judgement, no money has been paid.

The Bribery Act will come into force on July 1 and we want Mr Hopkins to ask that the Government to use the bill to crack down on corruption within the arms trade.

Also, questions need to be asked about the Export Credits Guarantee Department (ECGD) which insures British companies for deals made in risky areas; with the British taxpayer and, ultimately, developing countries footing the bill when projects go wrong.

The ECGD overwhelmingly underwrites large companies involved in the aerospace, arms trade or fossil fuel industries.

These companies are most likely to be involved in corruption or malpractice.

Campaign Against Arms Trade (CAAT) is asking the general public to urge MPs to sign up to Lisa Nandy's ten minute rule bill asking for reform of the ECGD.

You can find out here whether your MP has backed the bill by checking the signers of the related Early Day Motion at www.parliament.uk/edm/2010-11/622

We believe all governments should introduce effective corruption laws and to rigorously investigate any allegations that surface.

For more information about this call 0207 281 0297 or visit www.caat.org.uk

Peter Wakeham
For and on behalf of CAAT

Thank you supporters

SIR - I am writing to you to thank your readers for supporting Teenage Cancer Trust and our special charity partnership with Argos.

We are celebrating the partnership's first year in July and we would like to ask your readers to join in the fun and volunteer to support a national hair-raising fundraising event.

A year ago, Argos colleagues across the country chose to support Teenage Cancer Trust as their official charity partner.

As the trust receives no government funding, this partnership has been a wonderful opportunity for us to connect with Argos customers in your area whose lives have been touched by cancer or illness in young people.

I'm pleased to say that in just one year Argos and their customers have raised a fantastic £700,000.

All monies raised from this partnership will help us build specialist home-from-home Teenage Cancer Trust units in NHS hospitals for young people with cancer, so they can live as positively as possible while they go through a life-changing experience.

We have been given an incredible chance to bucket collect in every Argos store across the UK on Saturday, July 30 and Sunday, July 31, when Argos colleagues will be getting into the fundraising spirit by donning weird and wonderful wigs and 'Getting Wiggy With It'.

This fundraising extravaganza is happening shortly after the launch of the new Argos Autumn/Winter 2011 range so we expect the weekend to be busy and urgently need volunteers to give up a couple of hours of their time to help us fundraise in their local Argos store.

If you are interested in lending a hand so we can help support young cancer patients in your area then please contact volunteers@teenagecancertrust.org or call 020 7612 0370.

Simon Davies
Chief executive of Teenage Cancer Trust

letters policy

LETTERS, preferably a maximum of 300 words, must arrive by 3pm on Wednesday. Full name and address must be supplied. Details will be withheld only in exceptional circumstances. Write to: Letters to the Editor, Luton on Sunday, 28 King Street, Luton, LU1 2DP. You can also email your letters to: editor@lsnmedia.co.uk

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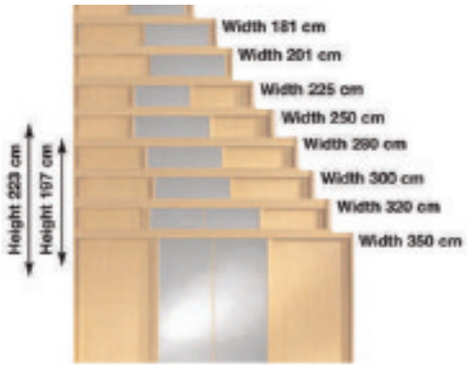

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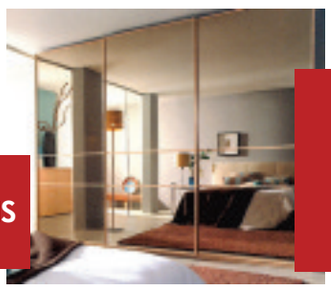

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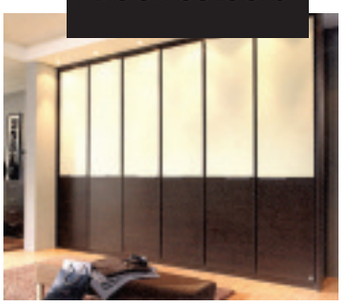

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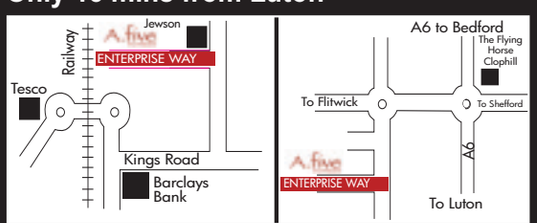

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Row holds up council's police authority reps

BY CHRISTINA JOHNSON
christina.johnson@lutononsunday.co.uk

NEGOTIATIONS are still 'ongoing' over a dispute which has left Luton unrepresented on the county's policing watchdog for more than a month.

Three members from Luton Borough Council were meant to have been elected onto Bedfordshire Police Authority on May 20 along with representatives for Central Bedfordshire Council and Bedford Borough Council but problems occurred because the people presented for election were all Labour councillors.

The nominations were rejected because regulations state that political representation must reflect the numbers of councillors from each of the political parties across the county and a row erupted between the Labour and

Liberal Democrat camps over what that representation should be.

The Lib Dems maintain that it should be one Lib Dem councillor and two from Labour, while Labour say all the councillors should be from their own party.

The Town Hall's Lib Dem group leader, Cllr David Franks *(left)*, said: "The police authority will be looking at issues in the meantime and making recommendations to the police force and Luton is completely unrepresented. It's outrageous.

"This is not the Liberal Democrats digging their heels in but about measures that apply across the whole of the county."

A Labour Party spokesman said: "The issue is now likely to go to the next council meeting on July 19 and negotiations are ongoing behind the scenes so the issue will hopefully be resolved.

"The formula says all three members from Luton should be Labour."

Police authority chairman Peter Conniff said: "The next authority meeting is July 22.

"I would hope that by then Luton is represented."

New director 'excited' at joining easyJet's board

EASYJET has appointed a new non-executive director to its board.

The Luton-based budget airline welcomed Charles Gurassa, 55, aboard on Friday and he will take up roles as deputy chairman and senior independent director on September 1.

He has 'considerable experience within the airline and travel industry', previously working for TUI, British Airways and Thomas Cook, and is currently chairman of Genesis Housing Association and MACH and a Trustee at the National Trust.

He has also previously been a non-executive director of Whitbread plc and Chairman of Virgin Mobile Holdings (UK) plc. Mr Gurassa said: "I'm very excited to be joining easyJet.

"I have long been an admirer of, and regular passenger with, the airline. I'm looking forward to working with the board and the team at easyJet in taking the business forward."

Sir Michael Rake, chairman of easyJet plc, said: "I'm pleased to welcome Charles.

"He comes with a deep understanding of the transport and travel sector and I am looking forward to working with him."

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'Lack of concern' in station lift row

EXCLUSIVE

BY SOPHIE SCOTT
sophie.scott@lutononsunday.co.uk

A LIFT to a town centre train station has remained broken for at least three months in what has been described as a 'lack of concern' for the disabled.

The elevator in Station Road, Luton, is the only means of access from there to Luton station for the disabled and those with pushchairs.

Anyone who wants to get into the station without using the stairs has a long walk around it to the Midland Road entrance.

The old walkway between Bute Street and Station Road, which had a working lift at one end, was knocked down in February as part of improvement plans for Luton's Station Quarter.

Disabled David Gower, of Colwell Rise, Luton, said: "I first noticed it not being in working order in March.

"It's not just about disabled people, what about mothers with pushchairs and buggies?"

Green Party member Marc Scheimann said: "We all know all councils are facing hard economic times, but this just shows a lack of concern." A spokeswoman from First Capital Connect said: "We are aware of this issue and the inconvenience it is causing our customers.

"However the council manages the lift and is responsible for its maintenance and we understand it is working to resolve this."

A Town Hall spokesman said: "The council's capital & asset management team has a planned preventative service contract in place with a specialist sub-contractor who services the lift in line with statutory regulations to ensure uninterrupted operation.

"Unfortunately however, this lift has been subject to breakdowns over the past year due mainly to repeated vandalism which has cost over £12,000 in repairs. This has included lift doors being forced open causing damage to door beam sensors and door operation mechanisms.

"As these are safety features, the lift becomes inoperable when these are damaged.

"Due to the age of the lift (15 years) spares can take some time to source, which leaves the lift out of action for some time.

"We understand this is far from ideal and apologise for the inconvenience it is causing.

"The council is also holding talks with Network Rail to find a way forward in resolving this issue and particularly how we can prevent these acts of mindless vandalism."

OUT OF ORDER: Luton Station's lift

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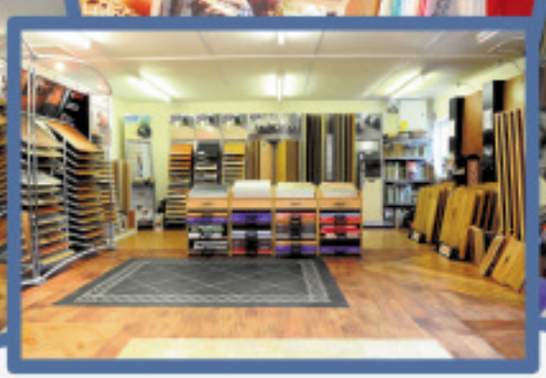

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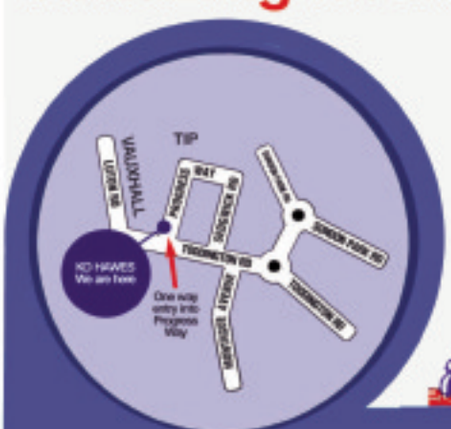

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Uniformed civilians of action with Navy

ARMED Forces Day was celebrated across the country yesterday to raise public awareness of the contribution made by those who serve and have undertaken military service. Reporter **CHRISTINA JOHNSON** spoke with two sailors with council connections in Luton and Central Bedfordshire who have served in the Royal Navy Reserves (RNR) for a combined 36 years . . .

SUBMARINE operations, intelligence and diving are just three of the possible 16 branches within the RNR that are available for people to get involved with.

The RNR is a part-time force of around 2,300 trained men and women who are deployed with the Royal Navy in times of tension, humanitarian crisis or conflict.

Reservists may be civilian volunteers but they wear the same uniform and complete a lot of the same training as the regulars.

One such reservist is Lieutenant Mark Versallion, 40, who was elected as a Central Bedfordshire councillor last month to represent Heath and Reach.

Lt Versallion said: "I first joined the RNR in 1996 and I served for four years and then left for about two years while I was busy with work and marriage and all the rest of it. It then settled down and I rejoined. In total I have been in active service for 11 years.

"I come from a long line of family members who have been military personnel and when I was a boy I was keen on joining the Royal Navy.

"I really wanted to fly helicopters but to do that you can't be red and green colour blind which I am. When I left university and started working I missed what the military could give me but I didn't want to join full time. I think the reserves are the best of both worlds because you get a great deal of experience you would not get in other walks of life.

"When I first joined I served abroad on ship frigates and destroyers and in 2005 I moved into a specialist area and what I have been doing since then is working mostly on land in the operational HQ.

"Now the military is working jointly across the three forces - Navy, Army and Air Force - and this is particularly the case in running operations.

"The operational HQ at Northwood is the British equivalent of the Pentagon.

"Each of the ships has an

> I think the reserves are the best of both worlds because you get a great deal of experience you would not get in other walks of life

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are on the front line

operations room from where ops are conducted. In combat that's where you will be using radars and computers.

"I do about two weeks a year and then about four weekends a year as well and the occasional day or night. All reserves do a minimum of 24 days a year.

"You get a huge breadth of experience as a RNR at sea or on land so I would definitely recommend it.

"It helps with personal development and it's a very enjoyable experience."

Over the last ten years, reservists have become more integrated into the day-to-day operations of the Navy and at any one time, around ten per cent of reservists are on active duty.

Many have also been awarded medals for serving on NATO operations in Iraq, Afghanistan and other parts of the world.

Ian Bartram, who holds the post of chief petty officer, works at Luton Borough Council, and has been in the RNR for 25 years.

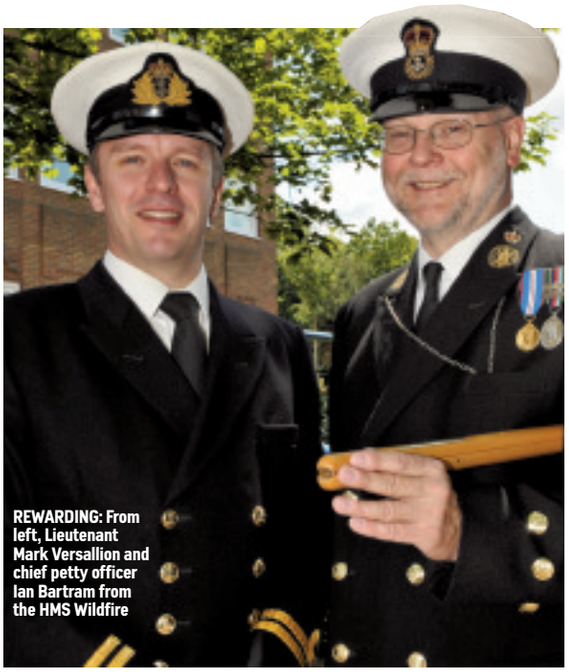
CPO Bartram, 53, said: "I am currently in maritime trade operations and working in the Allied Worldwide Navigation Information System (AWNIS) branch."

AWNIS provides a navigational information service for military commands and civil shipping in an area of crisis.

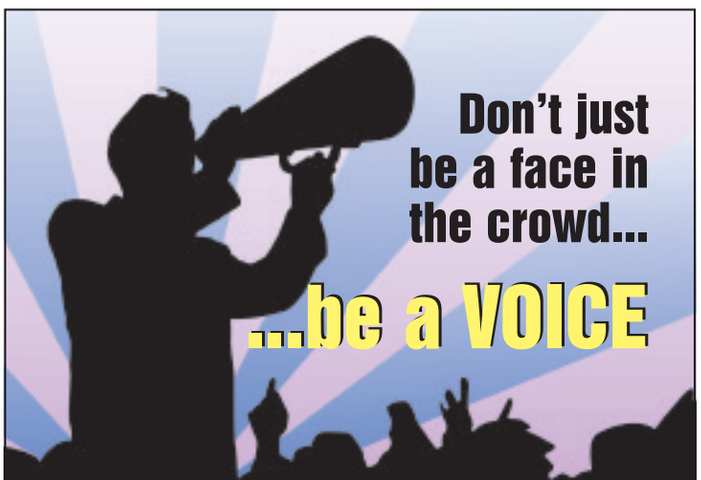
The role of the maritime trade operations branch is vital since the vast majority of the UK's trade comes in by sea, so great importance is placed on keeping the world's oceans open for business.

CPO Bartram added: "I started off as a communicator and I've also been involved in new entry training so I've moved around. I've been deployed at sea to places such as Naples and the maritime trade operation is currently based in Dubai to help local shipping combat piracy."

To find out more about the RNR visit www.royalnavy.mod.uk



REWARDING: From left, Lieutenant Mark Versallion and chief petty officer Ian Bartram from the HMS Wildfire



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Beechwood Primary School
Linden Road, Luton, LU4 9RD

North Luton *Bramingham, Icknield, Limbury, Northwell, Sundon Park*
Monday 27 June 2011
6.30pm Ward Meetings
8pm Area Committee
Bramingham Primary School
Freeman Avenue, Luton LU3 4BL

Central Luton *Barnfield, Biscot, High Town and Saints*
Thursday 30 June 2011
6.30pm Ward Meetings
8pm Area Committee
High Town Methodist Chapel
47 High Town Road, Luton, LU2 0BW

East Luton *Crawley, Round Green, Stopsley, Wigmore*
Thursday 7 July 2011
6.30pm Ward Meetings
8pm Area Committee
Wigmore Primary School
Twyford Drive, Luton LU2 9TB

South Luton
Dallow, Farley, South
Wednesday 13 July 2011
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8pm Area Committee
Tennyson Road Primary School
Tennyson Road, Luton LU1 3RS

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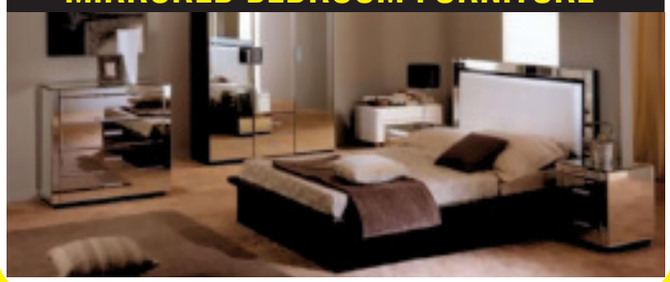

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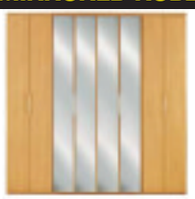

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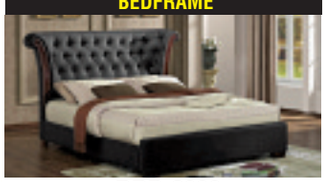

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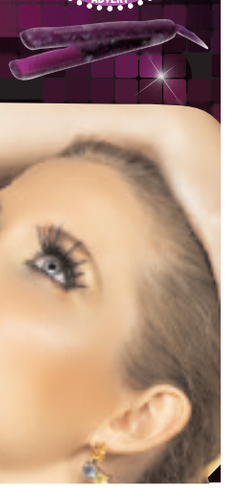

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Car thief threw victim out of vehicle before driving off

A WOMAN was grabbed by the shoulders and thrown out of her car before having it stolen.

She was stepping out of her silver Vauxhall Zafira while on her way to the dentist in Marsh Road, Luton, when she was pushed to one side. The robber then sped off towards McDonald's.

Police officers need the public's help to trace the whereabouts of the vehicle – registration number KD03 DUA – and are also urging people to come forward to help identify the person responsible.

He is described as a white man, aged between 19 and 20, with a medium build and light short hair, with a grey hooded top and dark trousers.

Anyone with information on the incident, which happened at 10.30am on June 14, can contact Detective Constable Tom Stean in confidence on 01582 394029, or Crimestoppers, anonymously, on 0800 555 111.

'Dedicated' Martin to be sorely missed

BY LUI STRACCIA
lui.straccia@lutononsunday.co.uk

TRIBUTES have been paid to one of the founders of Luton Irish Forum who has died.

Martin O'Hehir dedicated 14 years to the forum, which he helped to create in 1997 as a full-time volunteer.

He was a trustee and treasurer of the organisation and played a major role in its development and running, which has proved important to Luton's Irish population of 10,000.

In 2008, Mr O'Hehir, 77 of Torquay Drive, Luton, who died at Keech Hospice on June 15, was recognised for his work on behalf of the community by the Mayor of Luton, who rewarded him for service to the community.

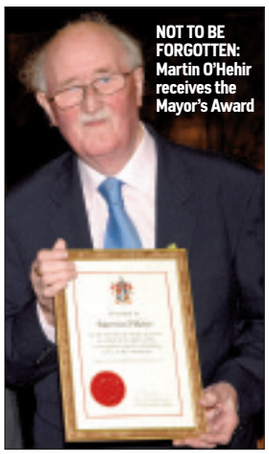
His mobility in later years was severely curtailed due to ill health, but he would always turn up for meetings, dances and social functions.

Forum spokeswoman Noelette Hanley said: "Luton Irish Forum was lucky to have such a dedicated man involved with the organisation and he will be sorely missed. Our thoughts are with Martin's family, especially his wife Anne."

In a statement, Mr O'Hehir's family said: "Martin you will be sorely missed. My thoughts are with you."

Mr O'Hehir's remains will be arriving at St Joseph's Catholic Church, in Gardenia Avenue, tomorrow at 7pm.

There will be a funeral mass at the church the following day at 10am. It is asked that there are no flowers, with any donations to be kindly passed to Keech Hospice.



NOT TO BE FORGOTTEN: Martin O'Hehir receives the Mayor's Award

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Sunspot absence may spark a reversal of global warming

WE may have encountered some difficulty in spotting the sun recently but more concern to solar scientists has been their inability to see many sunspots.

Three studies presented by scientists at a conference in Las Cruces, New Mexico have predicted that sunspots are set to temporarily and unexpectedly vanish in coming years.

This period of solar 'hibernation' could last for decades.

Sunspots are intense storms on the surface of the sun, which throw out solar flares, which themselves add heat to the solar system.

So a quieter sun will be a cooler sun, meaning a cooler earth. When it comes to our sun, change is all but guaranteed.

But if the research is correct the sun may be on the verge of changing its sunspots in a way that could significantly alter weather patterns on our planet.

And what will be the result? Global cooling.

Most of us on this small island could well believe it has started already but global cooling could mean a mini ice age, which is what happened the last time sunspots disappeared, in the second half of the seventeenth century.

This may, of course, get us off the global warming hook, which will be a huge disappointment to the ever growing hair-shirt brigade, who view creature comforts the way the Victorians viewed sex.

They will no longer have to fly round the world to attend conferences that tell us, among other things, to stop flying.

In fact we may need to raise our carbon footprint to keep the temperatures up. Lots of flights, bigger cars and the resurgence of the coal industry could be on the cards to stop us all freezing to death.

Before the environmentalists all leap off their straw mattresses and reach for their quills, I am joking. But this change in the sun's behaviour may buy us time to go green more gradually, which can only be a good thing for most of us.

And it also demonstrates that we do not know a great deal about how our climate will change and therefore cannot predict anything with much certainty.

That is not an excuse to do nothing but could remove some of the hysteria from the debate.

Yes, I am joking again.

SO, as everyone's pension, one way or another, is being hacked away by this Government, the question is will anyone be left with a decent pension?

Public sector workers, particularly the low-paid, are going to be hit hardest, as they lose their final salary pensions and have to work longer to get less.

Personally, I did not opt out of SERPS, as it was then called, but could lose some of that as a fixed pension is being discussed. Private companies are struggling to maintain final salary pensions as the cost rises due mainly to us all living longer.

And the 'defined benefit' pensions are struggling as the economy fails to pull itself out of the mire. So will anyone be left with a pension scheme that is worth having in the years to come?

Well, yes actually, MPs of course have a final salary pension scheme.

Not only that, it grows much faster than the average final salary pension.

One rule for us and another rule for those who make the rules.

I ATTENDED the University of Bedfordshire's annual ball last week (as I once said to the Queen, don't you just hate name droppers).

I do not think we appreciate or say loudly enough what a success story the university is.

It may have to tighten its belt a little, as most of Government funding is disappearing but it is a great story of how the county, after a few twists and turns, has ended up with a university of which we can be proud.

Well done to all concerned.

> . . . if the research is correct the sun may be on the verge of changing its sunspots in a way that could significantly alter weather patterns on our planet. And what will be the result? Global cooling

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Abdul's novel is ready to hit the big screen

BY SOPHIE SCOTT
sophie.scott@lutononsunday.co.uk

THE premiere of a sci-fi film based on a best-selling novel by a resident in the town will be screened this week.

First Ark To Alpha Centauri, written by Abdul Ahad of Selbourne Road, Luton, has now been made for the big screen and was shot entirely in the town.

The book, which was top seller in its category when it was released in 2005, told the story of the world's first human colony space flight for sending communities from our planet to the nearest stars in the year 2275 AD.

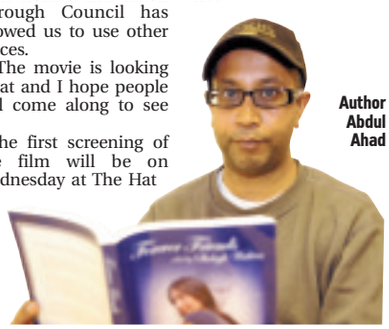
Director Aminul Islam said: "We started filming in February 2010 but we did a small trailer in November 2009. We filmed all of it in Luton.

"One of the main actors in the film is Sikander Malik who is acting in Hollyoaks at the moment. It is great to have someone from Hollyoaks in our movie.

"It was a low budget movie but now we are finished we are very grateful to the Luton people who have helped and supported us. People have let us use their homes and Luton Borough Council has allowed us to use other places.

"The movie is looking great and I hope people will come along to see it."

The first screening of the film will be on Wednesday at The Hat Factory in Bute Street. The event starts at midday and admission is free.



Author Abdul Ahad

Man robbed in street by 'gun'-wielding duo

A MAN was threatened with what appeared to be a hand gun and robbed on Monday night.

The 24-year-old victim was making his way home along Westmoreland Avenue, Luton, at around 10.50pm when he noticed two men in an alley.

One of the men was holding a gun, and the victim handed over a small amount of cash before the offenders left the scene. The victim was not injured.

Detective Sergeant Graham McMillan is keen to trace anyone who was in the Westmoreland Avenue area on Monday night.

Det Sgt McMillan said: "It is possible that residents or members of the public may have seen two men acting suspiciously in the area prior to this incident. I would urge anyone who has information relating to this robbery to speak with the police, in confidence."

The first offender is described as a black man in his late 20s to early 30s, between 5ft 10ins to 6ft tall, clean-shaven and spoke with a local accent. He was wearing a black Umbro hooded top and a dark T-shirt.

The second is described as a black man, between 5ft 10ins to 6ft tall and also wore a black hooded top.

Anyone who has information about this crime you can contact the South Bedfordshire Robbery Team, in confidence, on 01234 841212, or Crimestoppers, anonymously, on 0800 555 111.

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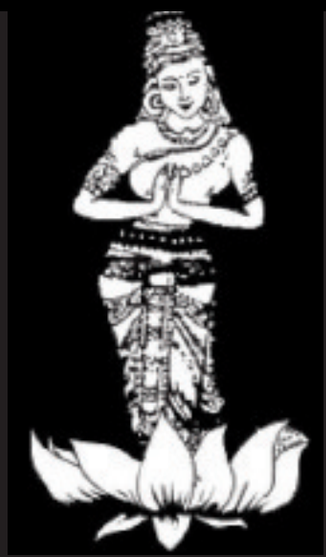

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Rail roadshow aims to stop crime in its tracks

BY LUI STRACCIA
lui.straccia@lutononsunday.co.uk

CRIME-BUSTING advice will be given to train passengers to help keep them safe during their journeys.

First Capital Connect's (FCC) Crime Prevention team will be holding roadshows at stations across its network, including Luton, over the next few months as part of a scheme to help cut crime.

FCC's crime prevention manager, Tony Holland, will be on hand with officers from the British Transport Police to talk to customers and advise them on how to secure their belongings and cars.

The crime roadshows are all part of FCC's plan to reduce crime on the network.

In 2010/11, crime on FCC's network had reduced by 15 per cent compared to the previous year. Vehicle crime has also reduced from 241 offences to just 87.

FCC has also been securing its network with investment in CCTV and a further £1m investment in additional visible policing.

Mr Holland said: "Within our network we have 72 Secure Station accreditations and 44 Car Park Awards, which is a track record we are extremely proud of. However, while we are doing everything we can to keep our customers and their belongings secure, we do urge that they also play a role in this process.

"I hope the crime prevention roadshows will help customers realise what they need to do and what suspicious signs to look out for in the future."

The roadshow at Luton Train Station will take place on July 4.

PASSENGER SAFETY: First Capital Connect crime prevention team plan to engage with customers on crime risks

Father robbed at knifepoint in front of children

CALLOUS thieves stole from a father at knifepoint and took the pushchair carrying his seven-month-old baby - luckily the man managed to pull the boy out before they made off.

The 31-year-old was walking with his two children – the baby and his two-and-a-half-year-old son – in Oakwood Avenue, Dunstable, at 9.30am on Monday, when he was threatened by two men.

They demanded he hand over his wallet and mobile phone but the men demanded more and started to pull at the pushchair.

The victim pulled his son out of the pram and the thieves dragged the pushchair away and ran off with the stolen items towards Sundown Avenue. A black and grey Silvercross pushchair, a non-descript baby changing bag, a blue Nokia 601 mobile and a Next wallet were stolen.

If you can help call Detective Constable Barry Kerr on 01582 394052 or Crimestoppers on 0800 555 111.

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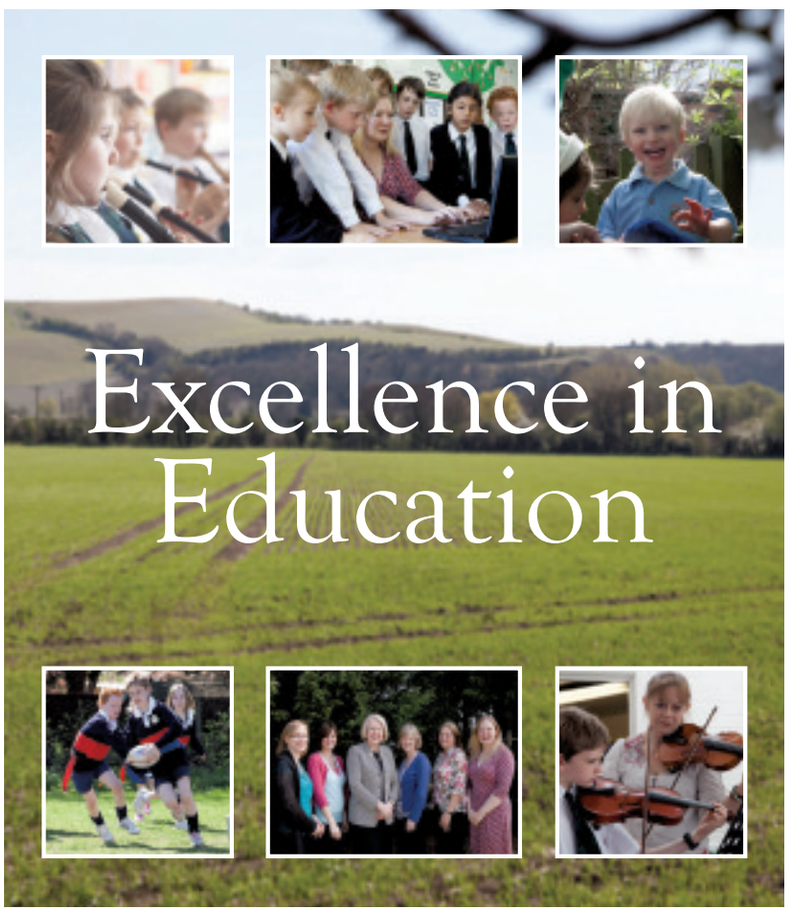

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announcements

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Hugs and kisses
From Daddy, Mummy and Chanay
xxx

DALE WINTER
Happy 18th Birthday
25th June
Love from
Mum, Dad and Sam

SHAMAL JOSEPH-PLENTIE
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27.06.11
Love Mum, Dad, Stephen, Mia and all the family
xxx

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Have a great day
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Happy 18th Birthday Darling
Lots of love
Mum & Dad
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27th June 2011
All our love
Mum, Dad and family
xxxxx

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Get Fit for Summer

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We discuss our waistlines more now than at any other time in history but statistics show that more than half of all women and two thirds of all men in the UK are overweight or obese.

So what can we do, at this late stage, to prepare for the beach and the barbecue parties?

If you are determined to diet then find one that suits you - your lifestyle, your likes and dislikes and your budget. There's no point cutting out every naughty little thing if you are going to be miserable all summer long.

Drink more. No, we're not suggesting you down a jug of sangria every lunchtime; water is the stuff of life itself - quite literally. Our bodies are made up of between 50% and 70% water and, hard though it is to believe, every day we lose around two litres of H2O through perspiration alone. Water is essential to maintain the healthy operation of almost all internal organs. If you're feeling pangs of hunger it could actually be thirst; try drinking a glass of water before you tuck into the crisps or cakes and sipping a glass of water with a meal can also reduce your appetite. When the weather is hot salads and fruit become more appealing so think seasonal and think fresh and you'll start to feel - and look - better.

www.birdandbushluton.co.uk

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Food Safety this Summer

Hygiene tips for summer BBQs

Some foods must be kept cool to stop germs from multiplying. Always put salads, dips, cooked meats, rice salads, desserts and dairy items such as cheese and cream in the fridge. If you are on a picnic, why not take a cool box and ice blocks?

If space is short, remove drinks from the fridge and keep them cool in an ice-filled container.

Wash your hands before preparing food, and every time you touch raw meat.

To stop germs spreading:

- use separate equipment (tongs, plates, containers) for raw meat and cooked meat
- wash your hands regularly, and always after touching raw meat
- never put cooked food anywhere that's had raw meat on it
- ensure frozen meat is fully defrosted before using
- don't put any sauce or marinade onto cooked food if it's already been used on raw food.

Ensure food is properly cooked – meat should be steaming hot all the way through, juices should be clear with no blood and no pink meat. Turn meat often to ensure it cooks evenly. It's often easier to cook meat thoroughly indoors in the oven first, and finish it off on the BBQ for added flavour just before serving.

Wash salad and vegetables.

For more information see www.luton.gov.uk/foodpoisoning

Enjoy your barbeque without food poisoning

Food poisoning cases double every summer.

But if you follow simple hygiene tips, you can be sure to stay healthy:

- always wash your hands before preparing food and between tasks
- stop germs from spreading by keeping raw food away from ready-to-eat food like salad and dips
- use separate equipment for raw and cooked food before eating
- check meat is piping hot all the way through with no pink meat in the middle.

For more information call the Food Safety Team on 01582 546674
Email environmentalhealth@luton.gov.uk
or see www.luton.gov.uk/foodpoisoning

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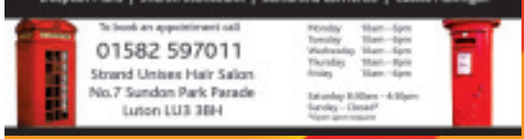

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Summer Beauty

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Relax, this is the one time in the year when you can afford to chill out and look hot at the same time.

However natural the 'pale and interesting' look might be, when the strappy dresses or the swimming shorts come out, there is no doubt that a little bit of colour gives a healthy glow - and more than a little bit of sex appeal. But how do you get that golden glow without passing through the overcooked lobster stage and what about the dangers of developing skin cancer and premature ageing from too much of a good thing?

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RESIDENTIAL SALES
LETTINGS AND PROPERTY MANAGEMENT

LUTON OFFICE 11a Upper George Street 01582 487487

South Luton — Price £124,950

- Two Bedrooms
- Lounge / Diner
- Fitted Kitchen
- Double Bedrooms
- Gas Central Heating
- Double Glazed
- Garden
- Excellent Location

Leagrave — Price £189,950

- Extended Semi Detached
- Extended Lounge
- Dining Room
- Extended Kitchen/Break
- Shower Room
- Bathroom
- Double Glazed
- Mature Gardens
- Overlooking Parkland

Round Green — Price £169,995

- Three Bedrooms
- Lounge
- Dining Room
- Fitted Kitchen
- Bathroom
- Gas Central Heating
- Double Glazed
- Driveway

Warden Hills — Price £269,950

- Four Bed Detached
- Extended
- Cul de Sac Location
- Lounge / Diner
- Family Room
- Fitted Kitchen
- Utility Room
- Cloakroom
- Double Glazed
- Private Gardens

Limbury/Icknield — Price £249,950

- Detached Chalet Bungalow
- Two / Three Bedrooms
- Fitted Kitchen
- Bathroom and Shower Room
- Double Glazed
- Mature Gardens

Wigmore — Price £290,000

- Four Bedroom Detached
- Double Garage
- Lounge
- Three Reception Rooms
- Conservatory
- Utility Room
- Cloakroom
- En - Suite

Bramingham — Price £159,950

- Priced To Sell
- Three Bedrooms
- Lounge / Diner
- Fitted Kitchen
- Gas Central Heating
- Double Glazed
- Garden
- Garage

L + D Borders — Price £218,500

- Extended Bungalow
- Three Bedrooms
- Lounge
- Kitchen / Diner
- Utility Room
- Study
- Bathroom
- Double Glazed

Old / New Bedford Road Area — Price £274,995

- Extended Semi Detached
- Three Bedrooms
- Lounge / Diner
- Fitted Kitchen / Break
- Full Double Glazing
- Gas Central Heating
- Large Garden
- Garage

St Annes — Price £174,995

- Three Bedrooms
- Lounge
- Dining Area
- Modern Fitted Kitchen
- Well Proportioned Bedrooms
- Bathroom
- Gas Central Heating
- Double Glazed

Leagrave — Price £249,995

- Detached Bungalow
- Three Bedrooms
- Lounge / Diner
- Fitted Kitchen
- En - Suite
- Double Glazed
- Excellent Condition
- Garage

Limbury/Icknield — Price £169,995

- Three Large Bedrooms
- Lounge
- Dining Room
- Kitchen/Breakfast Room
- Cloakroom
- Bathroom
- Loft Room
- Gardens

Old / New Bedford Road Area — Price £219,995

NEW PRICE

- Three Bedrooms
- Immaculate Condition
- Lounge
- Dining Area
- Large Bedrooms
- Mature Garden
- Three Patio Areas
- Off Road Parking

Stopsley — Price £255,000

- Detached Bungalow
- Three/Four Bedrooms
- Large Landscaped Gardens
- Large Summerhouse
- Dining Room
- Fitted Kitchen
- Conservatory
- Double Glazed
- Off Road Parking

Saints — Price £179,995

- Three Bedrooms
- Extended
- Lounge
- Dining Area
- Conservatory
- Kitchen
- Breakfast Room
- Double Glazed
- Mature Gardens
- Excellent Location

DUNSTABLE OFFICE 15b High Street North 01582 477077

Priory — Price £159,995

NEW

- Extended End Terrace
- Lounge/ Diner
- Re-Fitted Kitchen
- 2 Double Bedrooms
- Loft Room
- Re-fitted Bathroom

East Dunstable — Price £184,995

NEW

- Extended Semi-Detached
- Lounge/ Diner
- Fitted Kitchen
- Garden Room
- 3 Bedrooms
- Bathroom & Sep WC
- Garage & Driveway
- Attractive Garden

Dunstable Town Centre — Price £142,995

- Terraced House
- Entrance Hall
- Lounge/ Diner
- Kitchen
- 2 Double Bedrooms
- Bathroom
- Allocated Parking
- No Chain

L + D Borders — Price £108,995

- Spacious Split Level Flat
- Secure Entry System
- Lounge
- Kitchen/Diner & Utility Area
- Large Double Bedroom
- Decked Roof Terrace
- Double Glazed
- Allocated Parking
- No Upper Chain

East Dunstable — Price £169,995

- Semi- Detached Bungalow
- Lounge/ Diner
- Re-fitted Kitchen
- 2 Double Bedrooms
- Re-fitted Bathroom
- Lovely Rear Garden
- Garage & Driveway
- Backing Onto Blows Downs

South West Dunstable — Price £234,995

- Extended Victorian Home
- Lounge/ Diner
- Kitchen & Breakfast Room
- Downstairs Bathroom
- 4 Bedrooms
- Lengthy Rear Garden
- Driveway

Edlesborough — Price £324,995

- Chalet Style Detached
- Lounge & Dining Room
- Kitchen/ Breakfast Room
- Study & Utility Room
- 3 1st Floor Bedrooms
- 1 Downstairs Bedroom
- 2 Bathrooms
- Off Road Parking

L + D Borders — Price £184,995

- Detached Home
- Hall & Cloakroom
- Lounge/ Diner
- Re-fitted Kitchen
- 3 Bedrooms
- Family Bathroom
- Garage To Rear
- Corner Plot

Houghton Regis — Price £129,995

NEW

- Staggered Terrace Home
- Entrance Porch
- Lounge
- Re-fitted Kitchen/ Diner
- 2 Bedrooms
- Bathroom
- Mostly Double Glazed
- Garage To Rear

Houghton Regis — Price £114,995

- Terraced Family Home
- Porch & Hallway
- Lounge/ Diner
- Kitchen
- 3 Bedrooms
- Shower Room
- Separate WC
- Garage in Block

West Dunstable — Price £399,995

- Extended Detached
- Lounge
- UPVC Conservatory
- Kitchen/ Diner & Utility
- Family Room & Study
- Master with En-Suite
- 4 Further Bedrooms
- Re-fitted Bathroom

East Dunstable — Price £284,995

- Annexe To Side
- Extended Semi-Detached
- Spacious Accommodation
- Kitchen/ Breakfast Room
- 4 Bedrooms
- 3 Bathrooms
- Lounge In Annexe

West Dunstable — Price £109,995

- First Floor Maisonette
- Lounge/ Diner
- Re-fitted Kitchen
- Double Bedroom
- Re-fitted Bathroom
- Garden to Rear

Houghton Regis — Price £224,995

- Modern Detached Home
- Lounge & Dining Room
- Conservatory
- Kitchen & Utility Room
- 3 Double Bedrooms
- En-Suite Shower Room
- Family Bathroom
- Garage & Driveway

East Dunstable — Price £235,000

NEW

- Extended Detached Home
- Lengthy Lounge/ Diner
- Kitchen/ Breakfast Room
- Garage & Driveway
- 3 Double Bedrooms
- Re-fitted Bathroom
- Garden To Rear
- Cul-de-sac Location

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PROPERTY 24seven

Home of the Week

Estate Agents

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HM HARRISON MURRAY

Robinsons

CHARTERED SURVEYORS
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BUSHMEAD AREA

£239,995

Viewing is highly recommended on this well presented three bedroom detached property situated in a quiet cul- de- sac in Bushmead. The property comprises: canopy porch, entrance hall, cloakroom, lounge, Refitted Luxury Kitchen/Diner, Three bedrooms and a Refitted family bathroom. The property also benefits: Double glazing, gas central heating, CCTV, large rear garden, garage and potential to extend subject to planning permission. The property is close to local shops and amenities. It is approximately 3.5 miles from Luton Town with central shopping at Luton's Arndale Complex, Luton also benefits from three mainline train stations (Thames link) to London, ideal for the commuter. Two M1 motorway junctions (10 & 11) and Luton's International Airport.
Features

ï THREE BEDROOMS ï DETACHED FAMILY HOME ï REFITTED LUXURY KITCHEN/DINER ï REFITTED BATHROOM ï GARAGE AND OFF ROAD PARKING ï CCTV INSTALLED THROUGHOUT

HARRISSON MURRAY

t: 01582 400899

Featured Properties

Lambourn - £184,950

A three bedroom semi-detached house in the ever popular Bushmead Estate.

visit www.homesnow.co.uk

Ashcroft - £255,000

Spacious and adaptable four bed detached bungalow.

visit www.homesnow.co.uk

Tameton - £259,995

Immaculate four bed detached in Wigmore located in a quiet cul de sac.

visit www.homesnow.co.uk

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HM HARRISON MURRAY ESTATE AGENTS & VALUERS

Luton 01582 400899

Bushmead 01582 410044

NEW INSTRUCTION

OLD BEDFORD ROAD £450,000

- Bay Fronted Detached Family Home
- Period Features
- Two Reception Rooms
- Study/Bedroom 4
- Double Garage
- Potential to Extend SSTP
- Large Rear Garden
- Over Looking Wardown Park

NEW INSTRUCTION

PUTTERIDGE £229,995

- Detached Family Home
- Three Double Bedrooms
- Refitted Bathroom
- Garage and Parking
- No Upper Chain
- Cul de Sac Location
- Putteridge School Catchment
- View Now

SUNDON PARK £129,950

- Sundon park area
- 2 Bedroom apartment
- No upper chain
- Lounge/diner
- Fitted kitchen and bathroom

NEW PRICE

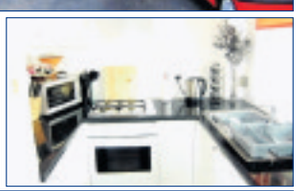
NORTH LUTON £279,995

- • STAMP DUTY INCENTIVE •
- Potential to extend
- Semi Detached Bunglow
- Three Bedrooms
- Two Reception Rooms
- Double Garage

NEW INSTRUCTION

SOUTH LUTON £137,950

- Terraced Family Home
- Through Lounge/Diner
- Three Bedrooms
- Gas Central Heating
- Double Glazing
- Block Paved Driveway
- Rear Garden
- View Now



BARTON HILLS £152,500

- 2 bed mid terrace
- Well presented
- New boiler
- Conservatory
- Driveway
- Landscaped garden
- Cul de sac location
- Ideal for first time buyer

WARDOWN £179,995

- Bushmead catchment
- Four bedroom townhouse
- Well presented
- Kitchen/diner
- Cloakroom
- UPVC Conservatory

SOUTH LUTON £165,000

- 3 Bedrooms
- End of Terrace
- Integral Garage
- Landscaped Garden
- Refitted Kitchen
- Refitted Bathroom

NEW INSTRUCTION

OLD BEDFORD ROAD AREA

- Marston Gardens
- Traditional 1930'S Style
- Spacious family home
- Rebuilt detached Garage
- Host of original features
- 2 reception rooms

NEW INSTRUCTION

BURY PARK £129,950

- Bury Park Area
- Two Double Bedrooms
- Well Presented Terraced Home
- Two Reception Rooms
- Double Glazing
- Gas Central Heating

SOUTH LUTON £169,995

- Immaculately presented
- Refitted kitchen
- Refitted bathroom
- Redecorated throughout
- Garage with driveway
- UPVC Conservatory

www.harrisonmurray.co.uk

The Property Ombudsman OFT

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ESTATE AGENTS & VALUERS

Luton 01582 400899

Bushmead 01582 410044

BUSHMEAD £217,500

- Link Detached Home
- Three Bedrooms
- Superb Refitted Kitchen/Diner
- Refitted Cloakroom
- Planning For Side Ext
- Garage & Gardens
- Bushmead School Catchment
- Must be Viewed

NEW INSTRUCTION

BUSHMEAD £239,995

- Three bedroom Detached
- Family Home
- Refitted Luxury Kitchen/Diner
- Refitted Bathroom
- Garage and Off Road Parking
- Rear Garden
- CCTV Installed Throughout
- No Upper Chain

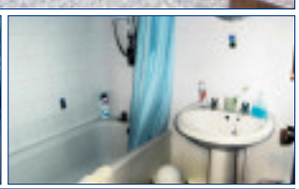
BUSHMEAD £211,950

- Extended Family Home
- Four Bedrooms
- 18'9 x 14'9 Kitchen/Breakfast Room
- Private Garden
- Garage & Driveway
- No upper chain

BUSHMEAD £169,950

- Mews Style Home
- Cloakroom
- Open Plan Living/Diner
- Three Bedrooms
- Parking

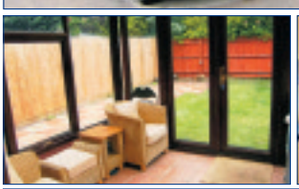
NEW PRICE



WARDEN HILLS £133,950

- 2 Bedroom cluster home
- Cul de sac location
- Enclosed garden
- Gas central heating
- No upper chain
- Must be viewed
- Ideal for first time buyer
- Off Road Parking

NEW INSTRUCTION



BUSHMEAD £189,995

- Link Detached
- 3 Bedrooms
- Kitchen/Diner
- Conservatory
- Gas Central Heating
- Garage with Driveway
- Bushmead School Catchment
- View Now

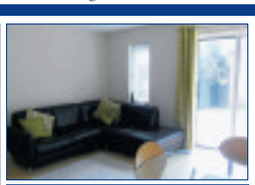
BUSHMEAD £145,000

- 2 bed mid terrace
- Electric heating
- Cloakroom
- Fitted Kitchen
- 2 Double bedrooms
- Rear Garden

NEW INSTRUCTION

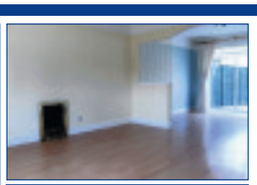
BUSHMEAD £249,950

- Beautifully Presneted
- Detached Family Home
- Two Reception Rooms
- Icknield/Stopsley Catchment
- Master En-suite
- Cul de sac Location



BUSHMEAD £165,000

- 2 Bedroom mid terrace
- Ex- Showhome
- Cloakroom
- Refitted Kitchen
- Refitted Bathroom
- Private Garden



BUSHMEAD OIRO £165,000

- Attractive End Terraced
- Three Bedrooms
- Two Reception Areas
- Refitted Kitchen
- Private Garden
- Allocated Parking

NEW PRICE

BUSHMEAD £250,000

- Extended Detached Home
- Two Reception Rooms
- Conservatory
- Kitchen/Breakfast Room
- 3 bedrooms
- Larger than average garden

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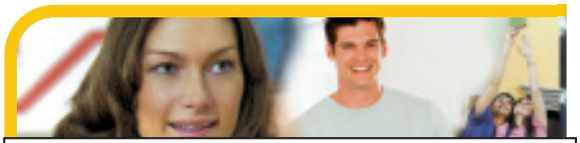
OFT



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MAJOR MOVE

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BARTON HILLS | Offers in Excess £350,000

- Five bedrooms
- Two reception rooms
- Four piece bathroom
- Ensuites
- Conservatory
- Fitted kitchen
- Decking area
- Off street parking
- Double garage
- Cloakroom
- Fully utilised roof space
- Cul-de-sac location
- Corner plot
- Brick enclosed rear garden

4 BEDROOM DETACHED | £300,000 OIEO

- Four Bedroom
- Detached
- Vacant Possession
- Corner Plot
- Possible Granny Annex
- Subject to planning consent
- Double Garage
- En Suite

LINK DETACHED | £189,995

- Three bedroom
- Link detached
- Refitted kitchen/diner
- Conservatory
- Gas radiator heating
- Garage
- Driveway
- Popular development

1 BEDROOM CLUSTER HOUSE | £124,995

- Barton Hills
- One Bedroom
- Enclosed Rear Garden
- No Upper Chain
- Perfect Starter Home
- Close to Local Amenities
- South Facing Garden
- Desirable Location

STARTER HOME / BUY-TO-LET | OIEO £135,000

- Close to Local Amenities
- Two bedrooms
- Modern Terrace
- Cul-de-sac Location
- Starter home / Buy-to-let
- No Upper Chain

OLD BEDFORD ROAD | £549,995

- Highly Desirable Location
- Off Road Parking
- Conservatory
- Three Receptions
- Garage
- Planning Permission for Both Levels
- Large Mature Garden
- Cloakroom
- Family Room
- Utility Room

STUNNING VIEWS | £189,995

- Conservatory
- Off Street Parking
- Cul-de-sac Location
- Barton Hills
- Stunning views
- No Upper Chain
- Garage
- Three Good Sized Bedrooms
- Entrance Lobby
- Refitted Kitchen
- Recently Fitted UPVC Double Glazing

VIEWING RECOMMENDED | £152,000

- Cul-de-sac Location
- Re-fitted Bathroom
- Enclosed Rear Garden
- Allocated Parking
- Barton Hills Location
- Viewing Recommended
- Two Bedrooms

BARTON HILLS

- Cloakroom
- Dining area
- Conservatory
- Off street parking

FREE VALUATIONS

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- Two bedroom
- Semi-detached
- Close L & D Hospital
- Close J11 of M1
- Off Street Parking
- Available Immediately

TO LET - Barton Hills | £550 PCM

- One bedroom
- Enclosed garden
- Cul-de-sac location
- French doors to garden
- Furnished / unfurnished
- Desirable location

Mees Close, Barton Hills | £1,000 PCM

- Three Bedroom
- Detached
- Off Street Parking
- Garage
- Enclosed Rear Garden
- Desirable Location

FREE VALUATIONS

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Liscombe Road £219,500

A three bedroom extended semi detached family house offering versatile living accommodation retaining many period features. Accommodation comprises: entrance porch and hall, spacious lounge/dining room with bay window, fireplaces & access to the family/kitchen breakfast room, separate utility room, three generous bedrooms, bathroom, driveway, single garage and landscaped front and rear gardens.

Borrowdale Avenue £234,950

An immaculately presented four bedroom semi-detached house that has been well maintained, extended and updated over recent years, ideal for the Queensbury school catchment, located in South West Dunstable and backing onto the Golf Course. The property features; entrance hall, sitting room opening onto a generous conservatory/dining room, well-dressed fitted kitchen/breakfast room, two bedrooms and a stylish bathroom suite, a further double bedroom and master bedroom with dressing area and en-suite to the first floor. Outside: gardens, parking and a single garage.

Halfmoon Lane £225,000

An extended three/four bedroom semi detached house located in the Priory catchment that features flexible living accommodation. The property comprises: entrance hall, bedroom 4/family room with en-suite, large lounge, separate dining room, fitted kitchen and utility, 2/3 bedrooms on the first floor, stylish bathroom with separate shower, landscaped rear garden and ample off road parking.

The Retreat £295,000

A generous four bedroom detached family house that has been extended and updated over recent years to provide flexible living accommodation. The property is nestled away in a quiet cul-de-sac, and falls within Queensbury Upper School catchment.

Ennerdale Avenue £314,995

A three bedroom detached house in a popular area of south west Dunstable in the catchment for Queensbury Upper School with ample parking space. The property features a single garage, landscaped rear garden, 3 bedrooms, utility room, cloakroom, bathroom, kitchen with breakfast bar and an extended lounge & dining room.

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- KENTISH TOWN
- BAYSWATER
- PADDINGTON
- QUEENSWAY
- WEMBLEY
- KENSAL RISE
- KILBURN
- CRICKLEWOOD
- ST JOHN'S WOOD
- HAMPSTEAD
- BLOOMSBURY

Off New Bedford Road | £484,950

RETAINING MANY ORIGINAL FEATURES INCLUDING A SPACIOUS LOFT ROOM, LEADED LIGHT WINDOWS, DUMB WAITER, SERVANTS' CALL PANEL, SOME OAK FLOORING & DOORS PLUS WORKING FIREPLACES. OTHER BENEFITS INCLUDE A BRAND NEW FULLY TILED FAMILY BATHROOM WITH JACUZZI & BIDET, GROUND FLOOR SHOWER ROOM, 3

Warden Hills | £450,000

Stunning 5 bed Extended det. 2 en-suites Family bathroom 2 cloakrooms Outstanding kitchen Utility Balcony overlooking landscaped garden Dble Garage & much more!

Nr Leagrave Station | £215,000

S/D built 5yrs. ago. Cloaks. Lounge/diner. Fitted kit. & appliances. En-suite. Family bathroom. Garage

Sundon Park | £210,000

4 bed extended modernised & much improved. Cloakroom En-suite + family bathroom kit/diner Play room Family room Parking on corner plot

Luton/Dunstable border | £179,995

CORNER PLOT side and rear gardens Chain Free. 3 bed semi Gas c/h Potential to extend sub to p.p.

South luton | £165,000

2 Double beds Lounge Open plan kitchen Cloakroom Bathroom Gas c/h Upvc d/g Communal garden Residents' parking

South Luton | £129,995

Panoramic vews from the rear. Ideal investnent or 1st home 2 beds 2 receptons Gas c/h Dble glazed

L & D Borders | £177,500

2 bed semi det bungalow 22' Conservatory Modern kit & bathrooms D/G Gas c/h Garage Level Garden Chain free

Specialists in **Leagrave | Luton | Stopsley**

South Luton | £725

3 good size beds. 2 receptions. Separate kitchen & bathroom Furnished. Gas c/h. Double glazed

High Town | £800

ENTRANCE HALL . ALL WHITE GOODS. 4 BEDS. LARGE MODERN KITCHEN. UTILITY ROOM. EN-SUITE SHOWER + BATHROOM WITH SHOWER. GAS C./H. DBLE. GLAZED. GARDEN

Nr Town Ctre | £500

Ground floor 1 bed flat Excellent condition Furnished Parking

Round Green | £500

1st floor 1 bed maisonette Brand new fittings Rear garden

Old Bedford Road | £425,000

EXTENDED DETACHED HOME • 5 FIRST FLOOR DOUBLE BEDROOMS • DRESSING ROOM & EN-SUITE BATHROOM TO MASTER BEDROOM • FAMILY BATHROOM • GROUND FLOOR CLOAKROOM (WASH BASIN AND WC) • 2 RECEPTIONS • REFITTED KITCHEN WITH INTEGRATED APPLIANCES AS STATED • GAS FIRED CENTRAL HEATING TO RADIATORS •

Stopsley Village | £299,995

VERY SPACIOUS 4/5 DOUBLE BEDROOM DETACHED ON A CORNER PLOT 2/3 receptions Cloakrooms Utility room Kitchen Family bathroon En-suite shower room to master bedroom Ample parking with 2 Driveways + garage and large forecourt parking area

Car Enthusiasts! | £199,995

3 bed s/d with double width garage + parking for 6 cars. Situated in the St.Anne's Hill area CHAIN FREE

Lewsey Farm | £184,950

4 bed semi Large hall Lounge Dining room G/F Cloakroom Kitchen Bathroom Gas c/h Corner plot Ample parking

Airport area | £159,995

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- Double Glazing

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- Village Location
- Commuter links

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- 2 Bedrooms
- Village Location
- Commuter links
- Brand New
- Spacious living
- Unfurnished
- Large Bathroom

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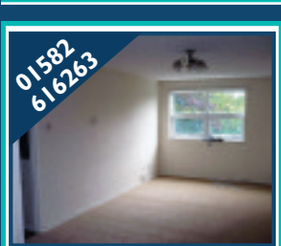

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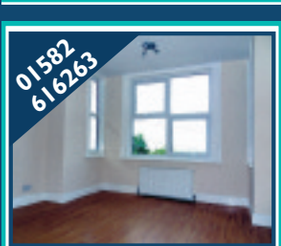

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Dunstable — **£675 pcm**

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- Video Entry Phone System
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Dunstable — **£675 pcm**

- Two Bedroom
- Terraced Home
- Close To Town
- Double Glazed
- Good Size
- Gas Heating
- Unfurnished
- Available Beg August

Dunstable — **£675 pcm**

- Two Double Bedroom Apartment
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- En Suite Onto Master
- Good Size
- Unfurnished
- Available Beg July

Dunstable — **£750 pcm**

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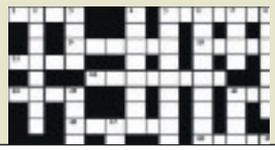

Just for fun - the *LoS* puzzle corner

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Hairspray and mascara, sex and seduction

GIRL TALK: Barb Jungr and Mari Wilson with Gwyneth Herbert

MUSIC

GIRL TALK: I AM WOMAN
Alban Arena, St Albans
Sunday, July 3, 7.30pm

FOLLOWING a long-awaited relaunch, a trio of acclaimed artists are at the Alban Arena.

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Choice

THE MANY FACES OF MICHAEL CAINE

BBC2, 7pm

Over the past half-century, Maurice Joseph Micklewhite has starred in more than 150 movies, picked up Oscars for Hannah and Her Sisters and The Cider House Rules, a Bafta for Educating Rita, a CBE and a knighthood. Of course, the world knows him better as Michael Caine, and in this show the actor reminisces about his incredible career. Caine's dad had been set against him taking up acting, but the curly-haired youngster was determined to pursue the career, and after appearing in a string of low-budget movies such as The Bulldog Breed, opportunity knocked.

BBC1

6.00 Yesterday at Wimbledon. (R) **7.00** Breakfast. **9.00** The Andrew Marr Show. **10.00** Sunday Morning Live. **11.00** The Politics Show; Weather for the Week Ahead. **12.10** Formula 1: The European Grand Prix Live. Round eight from the Valencia Street Circuit (Start-time 1.00pm). **3.30** EastEnders. **5.00** Songs of Praise. **5.35** My Family. (R)

6.05 Horrible Histories with Stephen Fry. A rich Georgian swaps lives with a peasant. (R)
6.35 BBC News; Regional News; Weather.
7.00 Fake or Fortune? Fiona Bruce and art expert Philip Mould investigate a supposedly lost painting by 19th-century American artist Winslow Homer that was found dumped near a rubbish tip.
8.00 Countryfile. Julia Bradbury learns how archaeological remains are kept safe on Salisbury Plain, and Matt Baker helps a team maintain the famous white horse carved into Wiltshire's Cherhill Down. Including Weather for the Week Ahead.
9.00 Silent Witness. Part one of two. Harry and Nikki investigate a student's suicide. (R)
10.00 BBC News; Regional News; Weather.
10.25 Regional Programmes.
11.40 FILM: The Quiet American. (2002) Drama, starring Michael Caine; Weatherview.

1.15 Sign Zone: The Apprentice. (R) **2.15** Holby City. (R) **3.15** Britain's Secret Seas. (R) **4.15** BBC News.

BBC2

6.00 CBeebies. **7.00** CBBC. **10.00** Something for the Weekend. **11.30** Film: Born Yesterday. (1950) Comedy, starring Judy Holliday. **1.10** Film: When Time Ran Out. (1980) Disaster adventure, starring Paul Newman. **3.00** EastEnders. **3.30** MotoGP. **5.00** Flog It! **5.30** Glastonbury 2011. Performances from the third day of the festival, including Paul Simon's set on the Pyramid Stage. Presented by Jo Whiley, Mark Radcliffe and Zane Lowe.

7.00 The Many Faces of Michael Caine. The actor reminisces about his movie career, which has spanned more than 50 years. Featuring archive clips woven together with interviews from colleagues and critics.
8.00 Top Gear. New series. A celebration of the Jaguar E-type's 50th anniversary, plus road-tests of a rugged alternative to the Humvee and the BMW 1 Series M Coupe.
9.00 Coast. Nick Crane and the team visit the Devon and Cornwall coastlines, joining a fishing expedition on a Brixham trawler and snorkelling off the Isles of Scilly.
10.00 Glastonbury 2011. Coverage of the final day of this year's festival, which sees Beyonce headlining the Pyramid stage. Presented by Jo Whiley, Mark Radcliffe, Zane Lowe and Lauren Laverne.

2.00 BBC News. **4.15** The Super League Show. **5.00** Close.

ITV1

6.00 CITV: Mini CITV. **7.25** CITV. **8.25** May the Best House Win. (R) **9.25** Dickinson's Real Deal. (R) **10.25** 60 Minute Makeover. (R) **11.30** This Morning: Sunday. **12.30** Dinner Date. (R) **1.25** ITV News; Weather. **1.35** Survival: Tales from the Wild. **2.30** Inspector Morse. (R) **4.30** Midsomer Murders. (R)

6.30 Regional Programmes.
6.45 ITV News; Weather.
7.00 The Royal. A secret from Jean's past resurfaces, Dr Weatherill and Sister Brigid deal with a married couple who barely know each other, and Alun finally gets a girlfriend.
8.00 Popstar to Operastar. The five remaining contestants try to master the art of the aria, hoping to secure viewers' votes and impress the judges.
9.00 Scott & Bailey. Janet moves a step closer to tracking down Veronica's killer while investigating a recent murder that bears a number of similarities to the cold case.
10.00 Popstar to Operastar: The Results. The contestants learn who has made it to next week's semi-final.
10.30 ITV News; Weather.
10.45 FILM: Wimbledon. (2004) Romantic drama, with Kirsten Dunst, Paul Bettany, Eleanor Bron and Sam Neill.

12.30 The Zone; ITV News Headlines. **2.00** British Superbike Championship Highlights. **2.55** Motorsport UK. **3.45** ITV Nightscreen. **5.30** ITV Morning News.

Channel 4

6.10 The Hoobs. (R) **6.35** The Hoobs. (R) **7.00** The Grid. **7.30** That Paralympic Show. (R) **7.55** T4: Wretch 32's RockCorps: You Decide. (R) **8.20** T4: Style the Nation. **8.50** T4: Friends. (R) **9.20** T4: Hollyoaks. **11.50** T4: Friends. (R) **12.20** T4: Scouting for Girls' RockCorps: You Decide. **12.40** T4: The Simpsons. (R) **1.10** T4: The Simpsons. (R) **1.45** Four in a Bed. (R) **2.15** Four in a Bed. (R) **2.45** Four in a Bed. (R) **3.20** Four in a Bed. (R) **3.50** Four in a Bed. (R) **4.20** Help! My House Is Falling Down. (R) **5.25** Deal or No Deal.

6.25 Channel 4 News.
6.55 4thought.tv.
7.00 Four Rooms. Valuing Dee Dee Ramone's guitar and a collection of Matchbox cars. (R)
8.00 FILM: Bride Wars. (2008) Premiere. Two lifelong best friends become bitter rivals when their weddings are scheduled on the same day and at the same venue. Comedy, starring Kate Hudson and Anne Hathaway.
9.45 FILM: The Wedding Date. (2005) A woman without a date for her sister's wedding hires a gigolo – but her decision has unexpected results. Romantic comedy, with Debra Messing.
11.25 Steve Coogan: The Man Who Thinks He's It. Footage of the comedian's 1998 set at the Palace Theatre Manchester.

12.30 Stand Up for the Week. (R) **1.15** Chariot Race. (R) **2.55** Ancient Egyptians. (R) **3.50** Men of Iron. (R) **4.45** Wogan's Perfect Recall. (R) **5.15** Countdown. (R)

Channel 5

6.00 Milkshake!: Peppa Pig. **6.05** Roary the Racing Car. (R) **6.15** Fifi and the Flowertots. (R) **6.25** Fireman Sam. (R) **6.40** Miss Spider's Sunny Patch Friends. (R) **6.50** Elmo's World. (R) **7.05** Chiro. (R) **7.10** Harry and His Bucket Full of Dinosaurs. (R) **7.25** Noddy in Toyland. (R) **7.40** Hana's Helpline. (R) **7.55** Little Princess. (R) **8.05** Bert and Ernie's Great Adventures. (R) **8.15** The Adventures of Bottle Top Bill and His Best Friend Corky. (R) **8.30** Mist: Sheepdog Tales. (R) **8.40** Rupert Bear. (R) **9.00** Olivia. (R) **9.15** The Mr Men Show. (R) **9.30** The Milkshake! Show. (R) **10.00** Inside Hollywood. **10.10** The Restaurant Inspector. (R) **11.10** Police Interceptors. (R) **12.10** Extreme Fishing with Robson Green – At the Ends of the Earth. (R) **1.10** Film: Life with Mikey. (1993) Comedy, starring Michael J Fox. **2.55** Film: Police Academy 4: Citizens on Patrol. (1987) Comedy sequel, starring Steve Guttenberg. **4.35** Film: Dumb and Dumber. (1994) Comedy, starring Jim Carrey and Jeff Daniels.

6.45 5 News Weekend.
6.50 FILM: Where Eagles Dare. (1969) Second World War adventure, starring Richard Burton, Clint Eastwood, Patrick Wymark, Michael Hordern and Mary Ure.
10.00 FILM: The Glimmer Man. (1996) Action thriller, starring Steven Seagal.
11.50 UFC 60: Main Event. Matt Hughes v Royce Gracie.

12.45 SuperCasino. **4.00** Meals in Moments. (R) **4.10** Great Artists. (R) **4.35** Nick's Quest. (R) **5.00** Hana's Helpline. (R) **5.10** The Milkshake! Show. (R) **5.35** Thomas & Friends. (R) **5.45** Roary the Racing Car. (R)

Digital

ITV2
6.20 Planet's Funniest Animals **6.35** Film: Jurassic Park (1993) **9.00** Peter Andre: The Next Chapter **10.00** Film: Inside Man (2006)

ITV3
2.55 Northanger Abbey **4.50** Film: Heaven Can Wait (1978) **6.50** Mr Bean **7.55** Agatha Christie's Poirot **9.00** Film: Atonement (2007) **11.25** Film: Mystic River (2003)

ITV4
3.20 Film: The Battle of Midway (1976) **6.00** The Sweeney **7.00** Tommy Cooper **7.30** Tim Vine Live: So I Said to This Bloke **9.00** Johnny Vegas Live at the Benidorm Palace **10.30** Film: Monty Python's The Meaning of Life (1983)

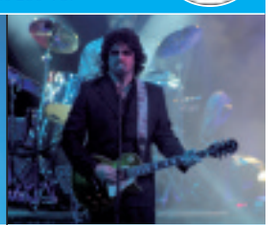
BBC THREE
7.00 Formula 1: The European Grand Prix Highlights **7.45** Plan B @ Glastonbury **9.00** Pendulum & Kaiser Chiefs @ Glastonbury **10.00** Family Guy **10.45** The Streets & Queens of the Stone Age @ Glastonbury

BBC FOUR
7.00 Coldplay at Glastonbury 2011 **8.00** For Crying Out Loud **9.00** Rob Brydon's Identity Crisis **10.00** Kool & the Gang at Glastonbury 2011 **11.30** Blues Britannia: Can Blue Men Play the Whites?

E4
3.55 Film: School of Rock (2003) **6.00** Friends **7.00** Smallville **8.00** Friends **9.00** Desperate Housewives **11.00** Being Erica **11.55** The Big Bang Theory

FILM4
2.45 Carry On Constable (1960) **4.30** Rooster Cogburn (1975) **6.40** The Day After Tomorrow (2004) A climatologist races across America to rescue his son as freak weather conditions cause devastation around the world. Disaster thriller, starring Jake Gyllenhaal. **9.00** Heat (1995) A detective becomes obsessed with capturing a highly intelligent career criminal who is planning one last robbery before his retirement. Thriller, with Al Pacino.

Box Office: 01582 60 20 80
Book Online: www.grovetheatre.co.uk
Grove Park, Court Drive, Dunstable LU5 4GP

Voice of The Heart
Thursday 7 July 7.30pm

The ELO Experience
Friday 8 July 7.30pm

In Dreams
Saturday 9 July 7.30pm

Elkie Brooks
Saturday 23 July 7.30pm
Summer Art and Craft Fayre
Sunday 24 July 11am - 4pm
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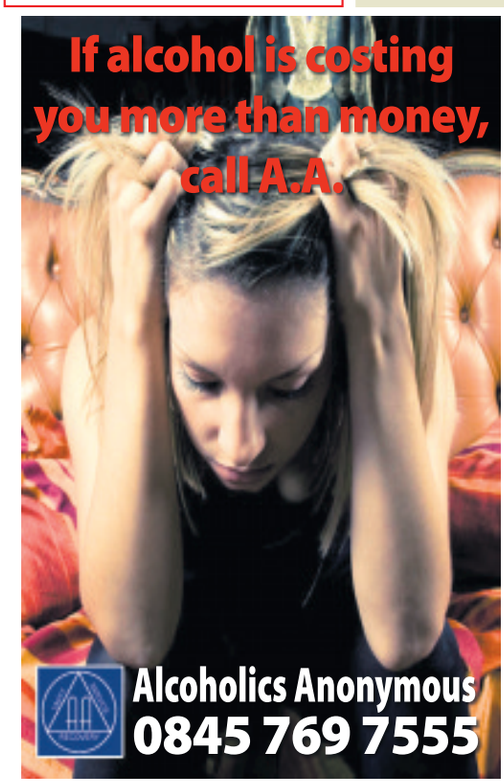
Tickets include African & Caribbean dishes!
Cash bar available / raffle prizes to be won
Performances include: The Nyabingi Drummers, Black Writers Production, Dub Poetry, A fashion Show, Artists & Performances and many more ....
Ticket hotline 01582 595995/07952 113709
Difference
PRODUCTION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Alcoholics Anonymous
0845 769 7555

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NHS Luton
NHS Luton
Requests the pleasure of your company at our
Public Board Meeting
Thursday 30th June 2011
10.45am - 1.30pm
(Light refreshments will be available)
Medici Medical Centre,
3 Windsor Street,
Luton, LU1 3UA
For further information please contact Jo Grizzell, Company Secretary on 01582 532090

Breakfast club

– with Heart FM's Stuart and Natalie

WE had a Hollywood beauty shatter the illusion of being a Diva this week.

We spoke to Cameron Diaz, who was more than happy to walk up four flights of stairs after the lift broke down.

She was in town to promote her new movie Bad Teacher. In it she plays a teacher (Elizabeth Halsey) who really doesn't like her job and Cameron explained why she had so much fun playing her.

"I never have to apologise for any of the horrible things she's said or done."

Cameron is also reunited with her ex, Justin Timberlake, who plays her assistant and she told us what happened in their 'kiss' scene.

"We tried to recreate the least sexiest sex scene ever created on film… and Justin makes these faces and noises that I don't think any other man would have the courage to do."

We didn't go into details about the noises.

There's no doubt Cameron looks amazing. She told us she's been modelling since school but also admitted she's not got a sweet tooth saying: "I just want fried foods all the time."

We doubt she's had a deep-fried mars bar though.

Also looking gorgeous is Ryan Renolds, starring in The Green Lantern and just voted the World's Sexiest Man.

His routine gets a bit much though. He said: "Sometimes I'm in the gym at 3am – it's hard work."

We feel your pain Ryan and that's just looking in the mirror at that time in the morning.

Finally, we're just a couple of weeks away from the big summer concert at the Stadium MK. JLS, Olly Murs and Alexis Jordan are all performing live on July 8 and we got a sneak preview of the show at the weekend.

You are not going to be disappointed.

■ Stuart and Natalie present Heart Breakfast Monday to Friday 6am-10am on Heart 97.6 and 96.9FM

Sing, play and giggle with Katy

THEATRE

KATY ASHWORTH PRESENTS MEET, GREET, SING & PLAY ROADSHOW
Alban Arena, St Albans
Wednesday, 11am and 2pm

JOIN Katy for an afternoon of simple fun and play at the Alban Arena.

Learn the raisin face, explore the magic suitcase, join in with the story-making and help do some giant make-believe baking.

Packed with all your favourite nursery rhymes including Old MacDonald and the Wheels on the Bus, Katy's interactive live roadshow is a fantastic giggle-filled way to spend an hour of your day.

Just don't forget to bring your imagination.

Adult tickets cost £7 and for children are £6. To book call the box office on 01727 844488 or go online at www.alban-arena.co.uk

Katy Ashworth

Seth unites rock with folk

MUSIC

SETH LAKEMAN & HIS BAND
Alban Arena, St Albans
Thursday, 8pm

ARMED with raging fiddle and rampant imagination Seth Lakeman returns to the Alban Arena.

Seth takes the established folk orthodoxy and turns it on its head. The spirit of a rock band meets the timeless and heartfelt subject matter of the folk tale in a blur of fiddle, acoustic guitar and foot-stomping rhythms that charm audiences to their feet.

Seth Lakeman, widely regarded as the UK's foremost folk singer songwriter, released his latest studio album Hearts & Minds last year.

The follow up to 2008's Top 10, critically acclaimed Poor Man's Heaven, Hearts & Minds encompasses traditional and modern themes of love, loss and human struggle and represents a further leap forward in both songwriting and sonics.

Expect a captivating, energetic and undeniably compelling live show from award-winning Seth Lakeman and his superbly talented band.

Tickets cost £22.50 and can be booked online www.alban-arena.co.uk or through the box office on 01727 844488.

Get all you need for the big day

WEDDING SPOTLIGHT

GROVE WEDDING FAYRE
Grove Theatre, Dunstable
Today, 11am–4pm

NEED help in planning your wedding? Then come down and visit the Grove Theatre's first Wedding Fayre and see what's new in the wedding world.

There will be exhibitors showcasing everything imaginable for planning your wedding.

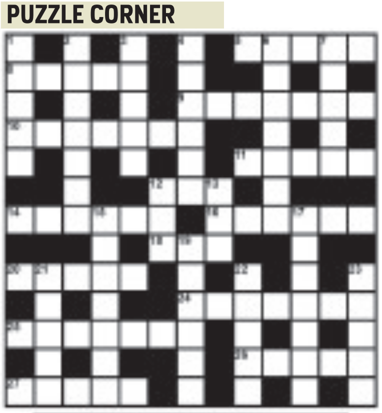
Stalls will include dresses, entertainers, venue hire, jewellery, photographers, florists, beauticians, catering and much more giving you the chance to see a range of different options to make your special day truly memorable.

Some of the exhibitors include local businesses The Dressmaker, To Have and To Hold, Love that Dress, Pampered Chef and MK Magic.

Admission is free for this event, so why not go down to have a look what is on offer in the wedding world.

Tracey Glover, corporate sales and functions co-ordinator, said: "We are very excited about the Grove Theatre's first wedding fayre and are looking forward to working with local businesses from Dunstable and the surrounding areas. With people attending from all over Central Bedfordshire, it is sure to be a fantastic day."

PUZZLE CORNER



THE THINKER

ACROSS
5 Slop some out till it's lighter (5)
8 Drive away from dire PE lesson (5)
9 Deck left almost tidy – some marking (7)
10 Point out very loud churchman (7)
11 State unknowns in floral setting (5)
12 This man's big in Westminster (3)
14 Small car for an insect (6)
16 Points to grey matter as source of power (6)
18 Pull in that stomach! (3)
20 Mock loud hooligan (5)
24 Redoing mess that's passed over (7)
25 School official is ideal, with small change (7)
26 Exercise can be a bore (5)
27 Farewell to a French god (5)

DOWN
1 Doctor copy to provide cover (5)
2 Snap leg tripping on decoration (7)
3 Straightforward, smoother we hear (6)
4 Fable about female will confound you (6)
6 Fill gap with cake from parcel (7)
7 Cunning Bruce is on track (5)
12 Ask for starters – burritos, enchiladas, guacamole (3)
13 Some turn up without wrapping (3)
15 Time to upset confectionery (7)
17 Umpire - "bad weather, stop" (7)
19 Peacekeepers' diet perfected for football club (6)
21 Left university? Dispose of the gaudy (5)
22 Conductor of a poem, perhaps (5)
23 When grown, some read ultra-violent books (5)

SOLUTION FOR LAST WEEK
ACROSS: 1.Revue 4.Ascot 7.Tax 9.Lessen 10.Limpet 11.Awe 13.Knead 14.Fatal 15.Devastation 18.Libra 19.Girth 20.Any 22.Serial 23.Alight 24.Tar 25.Disco 26.Dryad
DOWN: 2.Vestal Virgins 3.Etna 4.Axle 5.Compatibility 6.Flake 8.Stall 12.Western 16.Plush 17.White 20.Alto 21.Yard

SU DOKU

		9		4			8	
				1			7	
2				5		4		
		5	4			2		
3				9				6
		7	1	8		5		
		6		7				1
	9			3				
	4			2		8		

Complete the grid so that all rows, columns and 3x3 boxes contain the numbers 1 to 9. Solution next week.

FIND THE WORDS

P	T	S	R	U	O	C	A	G	A	R	O	F
E	P	U	A	R	T	E	E	S	E	A	R	C
R	S	C	O	S	K	E	E	C	E	U	Q	S
U	H	F	E	C	G	E	O	D	U	E	E	E
S	R	U	O	C	S	M	D	D	S	A	K	E
E	Q	U	N	R	B	S	Q	N	R	B	O	B
Q	U	E	U	E	A	D	T	C	U	M	W	O
U	K	O	P	G	T	G	H	A	P	O	S	R
E	C	C	T	R	O	W	E	L	L	R	H	E
H	E	P	A	R	T	D	B	L	I	K	S	P
C	U	C	L	R	H	U	O	T	C	A	R	T
T	E	N	K	H	T	F	R	C	H	A	R	E
T	R	A	T	C	K	A	P	C	O	B	E	T

Find the words: Up, down, forwards, backwards, straight or diagonal. This week: Hunt:
Probe, Scour, Dog, Chase, Quest, Seek, Trail, Pursue, Hunt, Search, Trap, Stalk, Scout, Hound, Trace, Forage, Course, Follow, Track, Comb

QUICKSOLVE?

ACROSS
1. Use tent (4)
3. Bog plant (4)
6. Stake (6)
7. Tease (3)
9. Times two (6)
10. Wine jug (5)
13. First life (3)
14. Energise (6)
15. Likelihood (4)
16. Drab (4)

DOWN
1. Emulate (4)
2. Old weapon (4)
3. Sheep meat (6)
4. Writer (6)
5. Instrument (4)
8. Torn (6)
9. Lots (6)
10. Bend (4)
11. Sweep along (4)
12. Ringer (4)

SOLUTION FOR LAST WEEK
ACROSS: 2.Dome 5.Hero 6.Leek 7.Zoom 8.Jade 10.Smug 13.Inn 14.Ova 16.Yell 19.Inks 21.Oryx 22.King 23.Ease 24.Shun
DOWN: 1.Feta 2.Dozen 3.Elms 4.Menu 8.Joey 9.Dial 11.Moan 12.Gags 15.Vixen 17.Epic 18.Logs 20.Kiss

BRAIN STRAIN

S	BRAIN	A
I		S
	K	
T		P
L	STRAIN	C

How many words of four letters or more can you make? No plurals, proper names or foreign words. All must include the centre letter. Good: 24 Maestro: 34+

Nº Fun!

Nº	5	-	9
Fun!	+	5	÷
36	3	x	8

Use all the numbers and signs to make the star total. Do calculations in strict order from left to right with no brackets - eg 9x8+3+5-5=10

Last week: 6 x 9 + 6 ÷ 2 – 8 = 22

MATCH FIVE

S	C	R	A	P	R	S
D	H	O	V	E	R	T
A	E	E	D	V	S	R
N	E	I	E	E	E	I
C	R	R	R	N	D	P
E	S	C	O	T	S	E
E	Y	L	A	T	I	N

Amongst all the five letter words, can you find the five that appear in both grids? (Forwards, backwards, up, down, straight or diagonal)

A	L	E	R	T	I	M
T	E	S	C	O	O	T
S	G	U	T	N	S	L
E	I	R	R	R	A	A
R	E	D	I	R	I	D
C	A	F	E	S	N	P
H	O	F	D	S	T	S

ANSWER: MATCH FIVE
KNIFE, BRISK, FABLE, BLEAK, NOBLE

ANSWER: BRAIN STRAIN

SU DOKU
Solution for last week

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Manshead Upper School

Dunstable Road, Caddington, Beds LU1 4BB
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Headteacher: Jim Parker
E-mail: office@mansheadschool.co.uk
Number on Roll: 1130 (320 in the Sixth Form)

We are a Specialist Science & Maths College on a very attractive site just south of Dunstable. Our recent OFSTED report (October 2008) described the school as 'a happy place'.

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Please download an application from www.mansheadschool.co.uk or email office@mansheadschool.co.uk or tel 01582 679415.

Closing date: 4 July 2011.

Interview date: week commencing 11 July 2011.

We are committed to safeguarding and promoting the welfare of children and young people and we expect all staff and volunteers to share this commitment. Posts working with either children and/or vulnerable adults will be subject to the disclosure of criminal records.

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This role will involve managing an existing client base, whilst developing new clients across our market leading publications and websites, along with developing the motors offerings within each of our titles. You will be expected to build ongoing relationships with advertising agencies both locally and nationally. Applicants will need to be tenacious, hungry and experienced sales people who have a keen eye for detail and understand the importance of providing the highest level of customer service.

You'll also need to be persuasive, presentable and have an interest of the Motors Industry, whilst having the confidence and ability to deal with local business decision makers from Dealer Principles to owners of Small service stations. You will need to be creative with the initiative to introduce new ideas to develop the current platforms across all markets.

Experience in advertising sales is not essential but sales skills and enthusiasm are a must.

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- Genuine and realistic opportunities for further career advancement.
- Company car – Mini cooper
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If this role appeals to you and you think you can bring something to our business please send an up to date CV with a covering letter telling us why you'd like to be considered for this role to;

Jackie Bevan, Commercial Manager, LSN Media Luton, 28 King Street, Luton, Beds. LU1 2DP or email jackie.bevan@lutononsunday.co.uk

It is the company's policy to employ the best qualified personnel and provide equal opportunity for the advancement of employees including promotion & training and not to discriminate against any person because of sex, race, pregnancy, disability, marital or family status, ages, sex orientation religious beliefs or trade union memberships.

Previous applicants need not apply.

LSNmedia

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Key responsibilities include:

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- Working to agreed targets

You must have the ability to service/repair equipment quickly and to a high standard. Sound mechanical and electrical knowledge in the care and maintenance of a wide range of plant and machinery is required. Therefore a relevant mechanical or electrical qualification would be an advantage. Along with basic numeracy and literacy skills. An HGV licence would also be an advantage, but not essential.

Please forward your CV with salary details to: Claire Miller, HR Co-ordinator, Vp plc, Central House, Beckwith Knowle, Otley Road, Harrogate, HG3 1UD.

Alternatively email: claire.miller@vpplc.com. Quote ref: GF636 Closing date: Monday 4th July

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As well as great commercial sense, you'll need the skills to be a leading guardian of the council's identity. You'll work alongside our externalised print & design partner to ensure that marketing across the authority complies with our Brand Guidelines and standards. You will advise colleagues on the purchase and planning of media in order to maximise the impact of the council's advertising campaigns through the use of a range of channels.

The ability to prepare and present persuasive proposals, develop productive relationships and contribute to the preparation of contracts is essential for this post, along with the ability to be creative and innovative in identifying and instigating opportunities for Council services or facilities to generate savings or income. Demonstrable experience of planning and buying a wide range of media within a varied business environment is essential.

Closing date: 5 July 2011. *Ref: 11/0094.*

Apply now online at www.luton.gov.uk/jobs if you experience problems applying online, please call (01582) 546621 during office hours.

The Council is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff to share this commitment.

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Source: Continental Research 2009: 34% of respondents stated they would use local media as the first source of information when looking for a job compared to recruitment websites 17%.Local media = newspapers websites and supplements.

BEDFORD BOROUGH COUNCIL

Bedford Borough Council takes great care to recruit the very best people so that the services we provide to our community are first class. We believe that the best work gets done in an environment that's enjoyable and which values, supports and encourages the development of its employees. In return we expect our employees to work hard and be committed to help us achieve our vision and share our values.

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Closing date: for all posts 8 July 2011.

For full job details visit www.bedford.gov.uk or contact the Recruitment Team on (01234) 228082 or email sasha.gilbert@bedford.gov.uk

Posts working with children and/or vulnerable adults will be subject to the disclosure of criminal records.

The Council is an Equal Opportunities Employer.

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ST MARGARET OF SCOTLAND CATHOLIC PRIMARY SCHOOL

Teaching Assistants 1 & 2

TA1: £10,247 - £10,939 p.a or

TA2: £11,202 - £12,130 p.a (with NVQ2 in childcare or equivalent qualification)

30 hours per week, term time only

A modern, expanding school with a strong Catholic ethos, we are seeking Teaching Assistants to support our pupils both in and out of class. You will be patient and caring and able to effectively communicate with pupils with a wide range of skills and abilities. A good team player, you will ideally hold a relevant NVQ or have experience working with children.

For an application form and further details please contact: The Business Manager, St Margaret of Scotland Catholic Primary School, Rotheram Avenue, Luton LU1 5PP, Tel: (01582) 723430, E-mail: St.Margaret.Of.Scotland.Primary.admin@luton.gov.uk Closing date: Midday, 4th July 2011.

ICKNIELD PRIMARY SCHOOL

Cleaner

£3,945 - £4,153 pa

12.5 hours per week

50 weeks per year

We pride ourselves on the high standards of cleanliness maintained throughout our school and need a cleaner to join our team. We would like to hear from you if you are friendly, hard-working and committed to working with us to keep our school clean and bright. The hours of work required are 3.30 to 6.00 pm during term time and we operate a flexible system during the school holiday periods.

For an application form and further details please contact: Paula Sanders, Icknield Primary School, Birdsfoot Lane, Luton, Beds. LU3 2JB, Tel: (01582) 619900, E-mail: Icknield.primary.admin@luton.gov.uk Closing date: 6 July 2011.

CVs will not be accepted for any posts based in schools.

The school is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.

We value equality because quality services need the best people - from the whole community.

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For more details about these vacancies or to find out about our other opportunities, call us on **01234 330 184** or visit our website - **www.stagecoachbus.com**

closing date - Friday 8th July 2011

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Experience in advertising sales is not essential but sales skills and enthusiasm are a must.

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If this role appeals to you and you think you can bring something to our business please send an up to date CV with a covering letter telling us why you'd like to be considered for this role to;

Jackie Bevan, Commercial Manager, LSN Media
Luton, 28 King Street, Luton, Beds. LU1 2DP
or email jackie.bevan@ldexpress.co.uk

Northants Herald&Post | BEDFORDSHIRE onsunday | MKNEWS | LUTON & DUNSTABLE Express

It is the company's policy to employ the best qualified personnel and provide equal opportunity for the advancement of employees including promotion & training and not to discriminate against any person because of sex, race, pregnancy, disability, marital or family status, ages, sex orientation religious beliefs or trade union memberships. Previous applicants need not apply.

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fax: 01582 700801

Pay by: Credit/Debit card, Cheque or Cash

*110,000 copies delivered each week from August 2010 between Luton on Sunday and the LD Express - Publishers statement. ABC figure for LD Express for July-December 2009 was 72,091. Readership information taken from Newspaper Society JICREG figures 2010.

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LARGE COLLECTION fishing rods, reels, umbrella, nets, reasonable offers accepted 01582 580436

PROFESSIONAL BEAUTY steam machine, brand new, 7 month guarentee £95 07712 889003

BROWN LEATHER two seater settee/pouffe, excellent condition, buyer collect, £100, 01582 609255

SURROUND MARBLE gas fire, beige, attachable to walls, excellent condition £200 07956686936

LAWN MOWER hayterette, petrol, easy start, recently been serviced V.G.C £60 07539088957

LARGE ROOFBOX & bars to fit Vauxhall Vectra, £100, 07949 729701

3 WHEELER pram, German built, detachable car seat £200 call 077886968162

GIRLS MOUNTAIN bike purple suit 10-14 years 14inch frame, good condition £30 01582881542

PROM DRESS short, blue, size 6 excellent condition, worn once £15 01582 881542

FOOT SPA excellant condition, good known brand, including all parts £15 01582881542

LADIES ALUMINIUM hybrid bike, 6 speed, working order £45 01582 518163

GENTS BOWLS size 2 with leather bag £25 01582 580436

Cream Painted wooden table with four chairs in very good condition, house move forces sale cost £500 offered at £125 ono to good home call 07717805101

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KINGSIZE DIVAN bed with orthopaedic mattress, four draws, VGC £95.00 07950506121

KINGSIZE ORTHOPAEDIC mattress VGC £50 call: 07950 506121

KIDS 4 and half foot football table excellent condition £15 ono tel:01582652763

SINGER IRONER as new portable table model £175 now £85 01582 611495

MAMA&PAPA'S changing unit including bath, excellent condition £30 07546 055322

KINGSIZE HEADBOARD peach, luxury John-Lewis cost £170 accept £50 ono 01582 413137

BABY MOTHERCARE rocker chair, good condition £10 tel: 01582 413137

SINGLE BED headboards pair, white wrought iron, new £50 pair ono 01582413137

GIRLS BIKE 6-8 years, saxon, little used excellent condition £25 01582 413137

COMPUTER 15 months old, flat screen monitor, printer etc. £200 ono 01582431660

1 GUINOT hydradermie galvanic machine £350 normally £3000 tel: 07712889003

Articles for Sale

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PINE TABLE large oval shape, £25 01582 571915 or 07880 872592

STEEL LINTAL 8" by 5" £25 ono 01582 665589

LEATHER 3PC suite V.G.C bargain, could deliver £200 01582 611794 or 07846373784

MOBILITY GO-HYPHEN chair 14 months old cost £1150 bargain now £300 01582459095

CRYSTAL CHANDELIER complete beautiful condition £200 ono 07932 029554

2 WHEELED holdall 75cm with retractable handles as new, reasonable offers 01582529798

GAS FIRE excellent condition £70 tel:01582 755570 or 07535 781765

FIRE SURROUND white wooden carved with hearth £50 07749 444290

TABLE AND six dining chairs, oak colour with beige fabric seat, £145 Tel 01582 419036

MAMA & PAPA'S moses basket with rocking stand and bedding £20 07546055322

OAP WALKER seat and storage, nearly new £54 01582 591731

BLACK & GOLD headboard, good condition, £25, 01582 652226

2x PC trolly silver, V.G.C one with glass shelf £27 need space 07539088957

KITCHEN WORKTOP brand new granite blue, full size B&Q £100 now £55 07539088957

GREY SIDE memorials from £2.50 for info call Theresa 01582652318 or 07939807973

3 PIECE suite teak frame, VGC, buyer collects £75 tel: 01582 458803

CD CABINET holds 600 CD's mahogany £28 ono 01582 591731

FRONT BATH panel, wooden, different still packed, bargain, £25 ono each 07539088957

Articles for Sale

DARK PURPLE three, two piece leather sofas, three months old £295 01462634855

KITCHEN CABINET doors, solid oak, brand new, B&Q, £25 ono each 07539088957

FIBREGLASS FISH pond, shaped, seven foot £25 01582 576037

MOUNT FIELD petrol strimmer £45 tel:01582 518 163

NEW MATRESS 2ft 6inchs, 8inch deep £30 01582 665589

NEW SMALL dog cage still in box unused, fold flat, £30 01582 722674

ELECTRIC ROTARY lawn mower with box £25 01582 591633

3 PIECE suite, burgundy material, 2 chairs, 1 sofa bed 01582 591633

GRACO ISO-SIX and baby car seat from birth £35 tel: 07546 055322

OIL TANKS steel 600 gallons and 200 gallons £50 ono 01582 413137

FABRIC 3 and 2 seater setee with footstool £90 ono 01582 668956

CONCRETE WISHING well £30 tel: 01582 504444 /5

POOL TABLE very good condition £75 07712889003

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ZIMMMER FRAME new, excellent condition £15 ono 01582 593458

COOKER HOOD excellent condition, 3 years old, £75 ono 07956 686936

SHERLOCK CORNER LH, as new, with foot stall £300 ono 07932 029554

PHD WAX machine £15 07712 889003

PINE DOUBLE headboard £25 tel: 01582 755570 or 07535781765

FIRE GUARD £7 tel:01582 518526 or 07535 781765

GLASS DISPLAY cabinet, Mahogany £15 Tel 01582 419036

TELEVISION 28INCH good condition £80 ono 07947 815613

VAX CARPET washer, new, was £160 sell £45 01582 617284

TRI-WALKER hardly used £65 01582 593458

BLACK WHITE wool material rug, 240x150, £50, 07900 616071

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Public Notices

CENTRAL BEDFORDSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 16A

(TITHE FARM ROAD, HOUGHTON REGIS)
(TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2011

Central Bedfordshire

NOTICE IS HEREBY GIVEN that the Central Bedfordshire Council intend not less than seven days from the date of this Notice to make an Order the effect of which will be to prohibit any vehicle from proceeding along the full length of Tithe Farm Road, Houghton Regis.

This temporary closure is required to facilitate the holding of the Houghton Regis Carnival Procession and shall apply to such extent as may from time to time be indicated by the appropriate traffic signs.

The Order will be operative on Saturday 9 July 2011 between 9.00am and 12.00pm.

The alternative routes available for vehicles affected by the proposed Order are:

From Tithe Farm Road roundabout with High Street take 1st exit and continue on High Street then East End and Sundon Road to roundabout with Hillborough Crescent. Take 1st exit and continue on Hillborough Crescent to junction with Tithe Farm Road and site and vice versa.

The proposed Order will come into operation on 9 July 2011 for a period of one day.

For further information please contact Clare Evans, Houghton Regis Town Council, Tel: 01582 708540.

DATED 22 June 2011

Basil Jackson, Assistant Director for Highways and Transportation, Central Bedfordshire Council, Technology House, Ampthill Road, Bedford MK42 9BD.

Luton Borough Council
THE BOROUGH OF LUTON (LYGETUN DRIVE SUBWAYS)
(TEMPORARY FOOTPATH CLOSURES) ORDER 2011

NOTICE is hereby given that on 20th June 2011 Luton Borough Council, the Highway Authority for the said Borough, made the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 as amended.

The Order will come into operation on 25th July 2011, and will cease operation on 25th January 2012 or when the proposed works have been completed, whichever is the earlier.

The effect of the Order will allow the Council to close to traffic and pedestrians the footpath and length of footpath in the Schedule below. The Order is intended to create a window for the works to be done and it is anticipated that the works will be completed over a period within the dates and times described in the Schedule below. Specific dates will be signed locally. The Order will therefore be in operation when signs are displayed.

The purpose of the Order is to enable maintenance works to the surface of the subways to be carried out.

Access will be maintained as best as possible to properties whilst such works are being carried out and diversions for traffic and pedestrians will be marked by signs.

26th June 2011

R J Stevens
Solicitor to the Council
Town Hall
Luton LU1 2BQ

SCHEDULE

FOOTPATH	LENGTH OF FOOTPATH	DATES AND TIMES
Shrowfield Way	Lygetun Drive Subway	24 hours a day
	Adjacent to Pottery Close	From 25th July 2011 to 25th January 2011 Specific dates will be signed locally
Un-named Footpath	Lygetun Drive Subway	24 hours a day
	Adjacent to Benson Close	From 25th July 2011 to 25th January 2011 Specific dates will be signed locally

THE BOROUGH OF LUTON (PROHIBITION AND RESTRICTION OF WAITING AND LOADING)
(AMENDMENT NO. BA) ORDER 2011

NOTICE is hereby given that Luton Borough Council, the Highway Authority for the said Borough, proposes to make the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 as amended.

The effect of the Order will be:-

1. To introduce a No Waiting at Anytime Restriction as described in the Schedule below.

The Purpose of the Order is to improve safety around schools.

A copy of the draft Order, together with a plan showing the roads and lengths of roads affected and a Statement of the Council's reasons for proposing to make the Order may be inspected at the Legal Services Division at Apex House, 30-34 Upper George Street, Luton (public entrance in Alma Street) between 9.00am and 4.30pm Monday to Friday.

If you wish to object to the proposed Orders you should write to me at the address below setting out the grounds of your objection by 18th July 2011 quoting reference KP/001222

26th June 2011

R J Stevens
Solicitor to the Council
Town Hall
Luton LU1 2BQ

SCHEDULE

ROAD	LENGTH OF ROAD
Icknield Way	East (odd numbered side) side from a point 10 metres west of the western kerb line of Grasmere Road to a point 10 metres east of the eastern kerb line of Grasmere Road.
Grasmere Avenue	West (even numbered side) side from its junction with Grasmere Road southwards for a distance of 10 metres. East (odd numbered side) side from its junction with Grasmere Road southwards for a distance of 10 metres.
Grasmere Road	North (even numbered) side from its junction with Icknield Way eastwards for a distance of approximately 41 metres. South (odd numbered) side from its junction with Icknield Way for a distance of approximately 36 metres. South (odd numbered) side from a point 10 metres west of the western kerb line of Grasmere Avenue to a point approximately 33 metres east of the eastern kerb line of Grasmere Avenue. North (even numbered) side from a point opposite the boundary between No's. 40 – 42 Grasmere Road westwards for a distance of approximately 34 metres.

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Luton Borough Council
THE BOROUGH OF LUTON (REGENT STREET)
(TEMPORARY ROAD CLOSURE) ORDER 2011

NOTICE is hereby given that Luton Borough Council, the Highway Authority for the said Borough, intends to make the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 as amended.

The Order will come into operation on 11th July 2011, and will cease operation on 11th January 2013 or when the proposed works have been completed, whichever is the earlier.

The effect of the Order will allow the Council to close to traffic the road and length of road in the Schedule below. The Order is intended to create a window for the works to be done and it is anticipated that the works will be completed over a period within the dates and times described in the Schedule below. Specific dates will be signed locally. The Order will therefore be in operation when signs are displayed.

The purpose of the Order is to enable carriageway re-surfacing and proactive patching works to be carried out.

Access will be maintained as best as possible to properties whilst such works are being carried out and diversions for traffic will be marked by signs.

26th June 2011

R J Stevens
Solicitor to the Council
Town Hall
Luton LU1 2BQ

SCHEDULE

ROAD	LENGTH OF ROAD	DATES AND TIMES
Regent Street	From its junction with Hastings Street to the Days Hotel	From 9.30am to 3.30pm daily. Specific dates will be signed locally. Anticipated start date of 11th July 2011 (subject to change)

THE BOROUGH OF LUTON (STREET PARKING PLACES)
(AMENDMENT NO. BB) ORDER 2011

NOTICE is hereby given that Luton Borough Council, the Highway Authority for the said Borough, proposes to make the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 as amended.

The effect of the Order will be:-

1. To revoke the Disabled Persons Parking Bay as described in Schedule 1 below.
2. To introduce a Disabled Persons Parking Bay as described in Schedule 2 below.

The Purpose of the Order is to remove disabled bays that are no longer required and free up road space and to introduce disabled parking bays to enable disabled persons to park close to their homes.

A copy of the draft Order, together with a plan showing the roads and lengths of roads affected and a Statement of the Council's reasons for proposing to make the Order may be inspected at the Legal Services Division at Apex House, 30-34 Upper George Street, Luton (public entrance in Alma Street) between 9.00am and 4.30pm Monday to Friday.

If you wish to object to the proposed Orders you should write to me at the address below setting out the grounds of your objection by 18th July 2011 quoting reference KP/001250

26th June 2011

R J Stevens
Solicitor to the Council
Town Hall
Luton LU1 2BQ

SCHEDULE 1

Revoke Disabled Persons Parking Bay

ROAD	DESCRIPTION
Runley Road	North (even numbered) side from a point opposite the boundary between No's. 32 and 34 Runley Road in a south westerly direction for a distance of 6.6 metres.

SCHEDULE 2

Introduce Disabled Persons Parking Bay

ROAD	DESCRIPTION
Talbot Road	A 6.6 metre long bay centred on the frontage of No. 110 Talbot Road and extending equally into the frontages of No's. 108 and 112 Talbot Road.

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THE BOROUGH OF LUTON (PROHIBITION AND RESTRICTION OF WAITING AND LOADING)
(AMENDMENT NO. 47) ORDER 2011
and
THE BOROUGH OF LUTON (CONTROLLED PARKING AREAS)
(AMENDMENT NO. 3) ORDER 2011

NOTICE is hereby given that on 20th June 2011 Luton Borough Council, the Highway Authority for the said Borough, made the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 as amended.

The Order will come into operation on 27th June 2011.

The effect of the Order will be as follows:

1. To revoke the No Waiting at Anytime restriction as described in Schedule 1 below.

2. To introduce Pay and Display Parking Bays in operation Saturday to Friday 8am – 6pm, Maximum stay 2 hours, No return within the hour, Tariff Charge 1 as described in Schedule 2 below.

The Purpose of the Order is to increase the amount of on-street parking in the Town Centre.

A copy of the Order together with plans showing the length of road affected and Statement of the Council's reasons for proposing to make the Order may be inspected at the Legal Services Division at Apex House, 30-34 Upper George Street, Luton (public entrance in Alma Street) between 9.00 am and 4.30 pm Monday to Friday.

Any person wishing to question the validity of the order or of any provision contained in it on the grounds that they are not within the powers contained in the above Act or any requirement of that Act or any regulation made under it has not been complied with in relation to the Order, may, within six weeks of the date on which the Order was made, apply to the High Court for this purpose.

26th June 2011

R J Stevens
Solicitor to the Council
Town Hall
Luton LU1 2BQ

SCHEDULE 1

Revoke No Waiting at Anytime Restriction

ROAD	LOCATION
Bute Street	West (Station Side) from a point 10 metres north of its eastern junction with Guildford Street for a distance of approximately 77 metres.

SCHEDULE 2

Introduce Pay and Display Parking Bays in operation Monday to Saturday 8am – 6pm, Maximum stay 2 hours, No return within the hour, Tariff Charge 1

ROAD	LOCATION
Bute Street	West (Station Side) from a point 20 metres north of its eastern junction with Guildford Street for a distance of approximately 77 metres.

CENTRAL BEDFORDSHIRE COUNCIL

(WINDSOR DRIVE, HOUGHTON REGIS)

(TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2011

Central Bedfordshire

NOTICE IS HEREBY GIVEN that the Central Bedfordshire Council has made an Order the effect of which will be to prohibit any vehicle, except a vehicle being used for fire, police or ambulance purposes in an emergency, from proceeding along the whole length of Windsor Drive, Houghton Regis.

This temporary closure is required to enable patching and surfacing work to take place and shall apply to such extent as may from time to time be indicated by the appropriate traffic signs. Where possible access will be maintained to property and premises but may be restricted from time to time according to local signing.

It is expected that the works will take place on TWO DAYS on 25th and 26th June 2011 between 8am and 6pm. Specific dates will be advertised locally closer to the time.

The alternative routes available for vehicles affected by the proposed Order are:-

Proceed south-west on Sandringham Drive to Park Road North. Take 2nd exit and continue on Park Road North to Windsor Drive and vice versa.

The proposed Order will come into operation on 25th June 2011 for a period of four months or until the proposed works have been completed, as detailed above, whichever is the earlier.

For further information please contact Central Bedfordshire Highways, Tel: 0300 300 8049.

Dated 26th June 2011.

Basil Jackson, Assistant Director for Highways, Central Bedfordshire Council, Technology House, Ampthill Road, Bedford MK42 9BD.

(B655 LUTON ROAD, BARTON-LE-CLAY)

(TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2011

NOTICE IS HEREBY GIVEN that the Central Bedfordshire Council has made an Order the effect of which will be to prohibit any vehicle, except a vehicle being used for fire, police or ambulance purposes in an emergency, from proceeding along the full length of the southbound one-way section of Luton Road, Barton-le-Clay.

This temporary closure is required to enable hedge cutting and tree works to take place and shall apply to such extent as may from time to time be indicated by the appropriate traffic signs. Where possible access will be maintained to property and premises but may be restricted from time to time according to local signing.

It is expected that the works will take place on TWO DAYS between 27th June and 1st July 2011 from 8am to 4pm. Specific dates will be advertised locally closer to the time.

The alternative routes available for vehicles affected by the proposed Order are:-

Proceed in a northerly direction on B655 to roundabout with A6. Take 1st exit and continue on A6 to junction with Luton Road.

The proposed Order will come into operation on 27th June 2011 for a period of four months or until the proposed works have been completed, as detailed above, whichever is the earlier.

For further information please contact Central Bedfordshire Highways, Tel: 0300 300 8049.

Dated 26th June 2011.

Basil Jackson, Assistant Director for Highways, Central Bedfordshire Council, Technology House, Ampthill Road, Bedford MK42 9BD.

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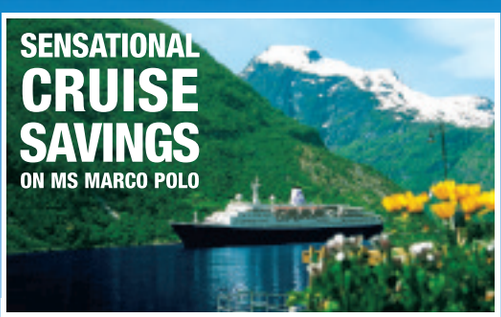

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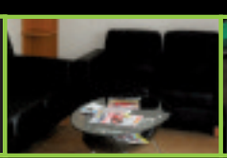

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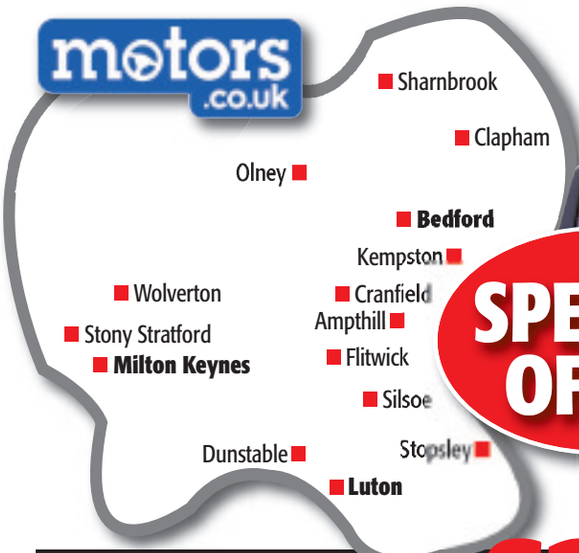

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Pensioner Bryan defies doctors to serve up 65 years at tennis club

TENNIS

AS Britain has been gripped in Wimbledon fever, one club has been celebrating a player who has been competing for over half a century.

Whilst not quite hitting the heights of SW19, Bryan Turner has achieved something arguably more special as he clocked up his 65th year as a member of the Luton and Vauxhall Tennis centre .

Last month as he celebrated the achievement at the town's thriving tennis club, the 84-year-old, who was the losing finalist in the club's 1950 men's singles final, said: "Tennis has been good to me down the years and I have made so many great friends during my time at Vauxhall.

"The club's courts have moved three times during my 65 years here, but the spirit we have has always lived on."

Bryan has defied doctors to continue to play the game he loves twice a week. As a youngster, he made a remarkable recovery from the club foot condition he was born after leading medical experts at the time suggested he would struggle to walk.

"They didn't have the sort of treatment we are used to now in the hospitals when I was a kid and I'm sure a few doctors back in the day would not have expected me to be playing tennis for as long as I have. I've been very fortunate." he said.

Clayson looks on to Championship after missing out on Trophy quarters

BY MARC BAZELEY
sport@lutononsunday.co.uk

OLIVER Clayson believes that the Minor Counties season will not truly start for Bedfordshire until they face Cumberland in the Championship on Sunday, July 10.

The side are currently in the middle of a three week break after drawing their first three-day game at home to Suffolk and missing out on reaching the knock-out stages of the Trophy.

Beds skipper Clayson was naturally disappointed to miss out on reaching the quarter finals of the one-day competition, but is now looking to getting stuck into the Championship.

"I'm a bit of a purist at heart," he said. "It's the same as test cricket over one-day internationals.

"I would say that the season starts with the next game. With one-day matches they are just played on Sunday and it can be a bit of a lottery with the weather.

"Even if we had won our last game [against Herefordshire], it would have still been in the hands of other teams' results as to whether we would progress.

"We gave it a good go against Suffolk by bowling them out for less than 200 in each innings after the rain, but then had a bit of a stab in the dark chasing 137 to win."

Clayson is looking forward to the long trip to Cumberland as the game is being played at Sedbergh School, where he used to teach.

Both sides were battling it out for top spot in the Eastern Division during the 2010 season, but missed out to eventual finalists Lincolnshire in the final weeks of the season.

And Clayson expects it to be another stiff test for his young side, who he feels are ready to make another challenge for the title.

He said: "We could have won it last time in the final game [at Lincolnshire], but unfortunately we lost that one.

"We always play positive cricket and we will be going there looking to get a result again.

Oliver Clayson

"The Championship is where people pay more attention to stats and where the youngsters are more likely to get spotted."

Clayson has also been impressed with how winter signing Andy McGarry has performed since moving to the club.

The former Essex fast bowler took eight wickets in the draw with Suffolk, including 5-36 in the second innings.

"Andy McGarry has stood out for me," said Clayson. "I rang him over the winter and saw if he would be interested in coming to play for us.

"He has played 20 first class games for Essex and he is mad keen. He bowls a lot of overs very economically."

Away from the Minor Counties circuit, Clayson had the honour of captaining the High Sheriff's XI against Old England at Bedford School on Friday evening.

The charity match saw the team selected from around Bedfordshire take on a team of ex-internationals containing the likes of Derek Randall and Devon Malcolm.

Academy hand over weighty purse to hospital

BOXING

MEMBERS of Academy ABC *(pictured)* handed over a cheque for £600 to Luton and Dunstable Hospital children's unit after raising the money at their recent show. The show at Stopsley Working Men's Club celebrated the amateur boxing club's two year anniversary while also raising money for a worthwhile cause.

The Academy were able to raise money for equipment and running costs, as well as donating the funds from the raffle to the children's unit.

They are now planning their first dinner show at Stopsley Working Men's club on Friday, November 25.

Earl blames man in the shadows for fight cancellation

BOXING

GRAHAM Earl believes that the British Boxing Board of Control (BBBofC) were influenced by an outside agent when they refused to sanction his proposed fight with Michael Katsidis.

Earl was set to travel to Australia for a rematch with Katsidis on August 13, only for it to fall through when the Board told the Luton man they did not feel it was in his or the sport's best interests.

He issued a stinging rebuke to the BBBofC over the decision and is now taking legal advice. For his part, Katsidis will now fight Mexico's Michael Lozada at light welterweight on the same date.

"It's ridiculous," Earl said, adding: "I think that someone else is behind it.

"I'm not going to name names, but there are two fighters who are fighting soon that have got the same promoter and one of them could then have a rematch with Katsidis.

"I feel that they thought if I was to go down there and beat him then they would probably have to fight me, and that would scupper their plans.

"We were almost at the point of signing the contracts. I think the Board are getting a bit above themselves and playing God. How do they know what is in my interest?"

The previous encounter between Earl and Katsidis in 2007 was a toe-to-toe war that saw both men down on the canvas during the fight. Katsidis won to claim the interim WBO title after Earl's corner retired him at the end of round five.

The 32-year-old has kept training since his last bout two years ago – a points win over six rounds against journeyman Karl Taylor – as well as running his House of Champions gym and promotional outfit.

He has also kept his boxing licence valid and had gone as far as to renew it for another year as it was due to expire in August in anticipation of facing off against Katsidis.

Earl also feels that the time training other fighters has helped him, saying: "I've learnt a lot from being outside of the ring.

"I always used to train hard but when I was fighting I was maybe doing it at 95 per cent rather than one hundred per cent.

"I didn't always have the bit between my teeth or the killer instinct, but I think that's something I do now."

He still holds out hope of eventually being able to face Katsidis again, pointing out that he still has not officially retired for a second time yet, having originally done so after a first round stoppage defeat to Amir Khan three and a half years ago.

FIGHTING TALK: Graham Earl had his proposed fight against Michael Katsidis cancelled by the British Boxing Board of Control

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Pilkington's out to claim Mark's number one jersey

BY MARC BAZELEY
sports@lutononsunday.co.uk

KEVIN Pilkington still feels he has what it takes to wrest the number one shirt away from fellow goalkeeper Mark Tyler after signing a one-year contract extension with Luton Town.

The 37-year-old and Tyler both recently agreed new deals with the club that will keep them at Kenilworth Road until at least the end of the 2011/12 campaign.

Pilkington spent much of last season as back-up to the ex-Peterborough United stopper, as well as spending a period on loan with former club Mansfield Town.

But although he and Tyler are both good friends, he intends to make sure that he is the man stepping out in between the sticks for the first game of the season.

"I don't see myself as a number two 'keeper," said Pilkington. "I back my own ability and I've got the experience.

"I'll be trying to push Mark as hard as I can again. He was outstanding last season and you can't fault him, but I think I did a good job when I was called upon.

"Me and Mark have a good relationship. We travel into training together and we both get on well.

"It would be the same if it was the other way around. He would be trying to push me as hard as he could. I'll try to do as much as I can, but like I said you couldn't fault him last season."

After missing out on promotion in the play-offs, Pilkington is determined to do all he can to make sure the Hatters return to the Football League as Blue Square Bet Premier champions.

He is also keen on having another crack at League football before he retires, adding: "It's a club that needs to be back where it belongs and I'm sure it will be.

"The last two seasons we have missed out in the play-offs and we need to put it right.

"We have to make sure that we get promoted as number one so then no-one can take it away from us."

Pilkington is already considering his options once his playing days are over, and next week will see him attend the course for his UEFA B goalkeeping coaching license.

He has the outfield B license as well, but will not be doing any coaching with Luton with Dmitri Kharine currently the man charged with preparing the club's goalkeepers.

Pilkington rates former Chelsea 'keeper Kharine as "the best coach I have ever worked with," and for now is hoping to prolong his playing career as long as possible.

"If you look at the top level of the pyramid, there are the likes of Edwin van der Sar, Brad Friedel and David James who are still playing when they are over 40," he said.

"I know van der Sar has retired now, but I feel he could have gone on for at least another season. It's all about looking after yourself properly."

A secondary career on the Masters Football circuit may also beckon for Pilkington, who earlier this month took part in the PFA's Barbados Football Legends tournament.

He was representing Manchester United – the club he began his career at – and in typical United fashion they carried off the trophy.

"That's the United way always winning things," said Pilkington, who played alongside the likes of Dwight Yorke and Andy Cole in the six-a-side event.

"It was fantastic. I spent five days out there and it was great to see some of my old team-mates, as well as players I hadn't met before.

"It was six-a-side but they were full size goals, so the goalkeepers were kept busy and they all did really well.

"It was an absolute joy to be involved in and it was a privilege to be asked to play in it."

Having won that competition, Pilkington is now hopeful that Luton can carry off the Conference title when the real action begins in August.

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In March 2009 the Luton & Dunstable Hospital became part of the Bedfordshire & Luton Bowel Cancer Screening aiming to detect bowel cancer at an early stage (in people with no symptoms) when treatment is likely to be most effective.

The NHS Bowel Cancer Screening Programme offers screening every two years to all men and women aged 60-69 registered with a GP. The Programme's target group is between 60 and 69 years of age as research shows they have the highest risk of developing the disease. In Bedfordshire and Luton, 170 people under the age of 75 are diagnosed with bowel cancer each year and 70 of these people will not survive the disease. The Bedfordshire & Luton Bowel Cancer Screening programme is expected to identify about 30 cancer cases each year.

If you recently received an invitation and unsure about how to use the kit, then come along to the Health Trainer event at Wardown Park from 12.00pm to find out more.

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